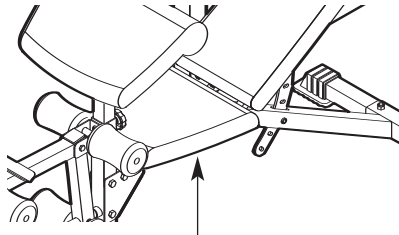


WEIDER[®] CLUB C720

Model No. WEBE3777.0

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (under seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing or damaged, PLEASE DO NOT CONTACT THE STORE. For assistance, contact our Customer Service Department.

CALL TOLL-FREE:

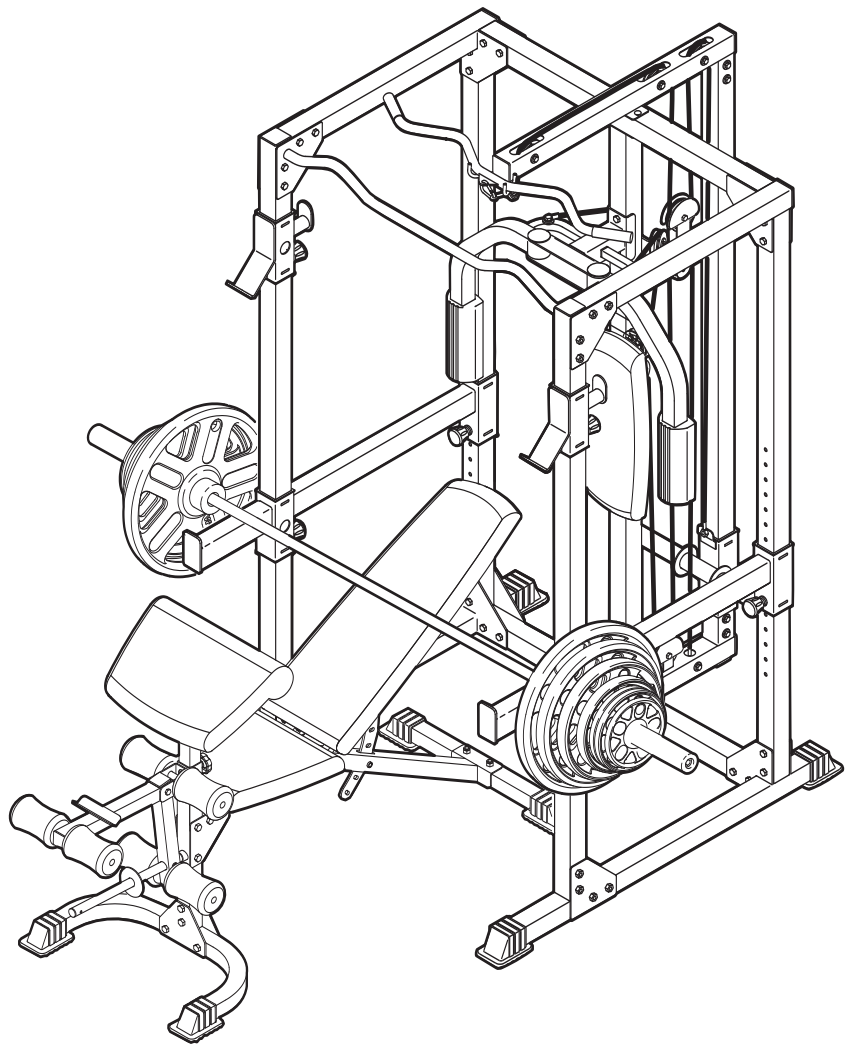
1-877-992-5999

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

ON THE WEB:

www.weiderservice.com



CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Visit our website at

www.weiderfitness.com

new products, prizes,
fitness tips, and much more!

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WARNING DECAL PLACEMENT

The decals shown here have been applied to the weight bench. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.

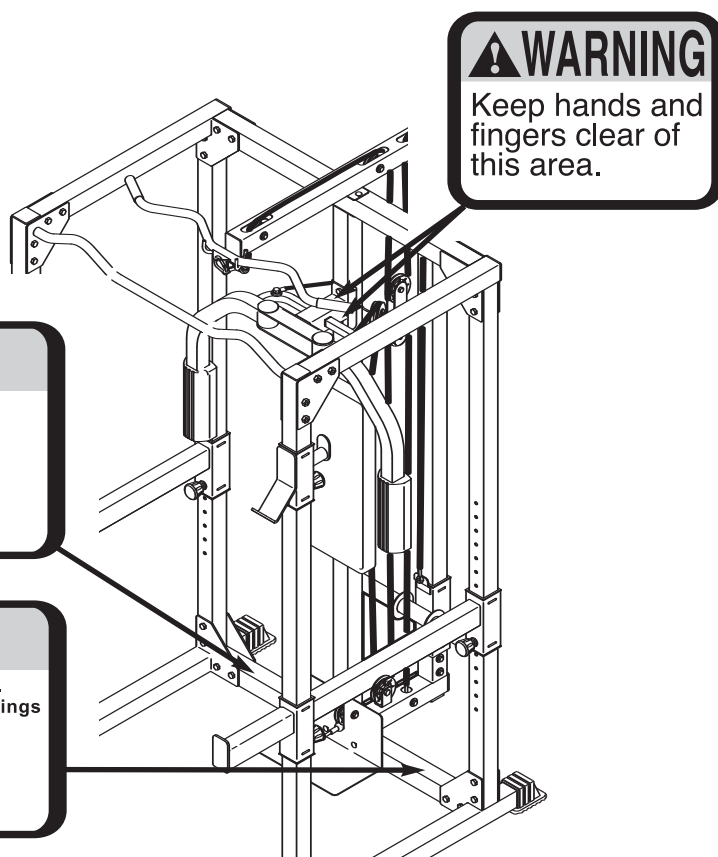
⚠ WARNING

User Weight: Max 300 LBS
Weight Crutch: Max 310 LBS
Leg Developer: Max 150 LBS
Weight Carriage: Max 150 LBS
Chest Fly Per Arm: Max 50 LBS

Product may not offer all listed exercises.

⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.



⚠ WARNING
Keep hands and fingers clear of this area.

IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the weight bench before using the weight bench. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of the weight bench.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. Use the weight bench only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental, or institutional setting.
5. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use it.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys. Replace all cables at least every two years.
8. Always set both weight rests and both safety spotters at the same height.
9. Always place an equal amount of weight on each side of the weight carriage or barbell.
10. Make sure that the pins and knobs are fully engaged before the weight bench is used.
11. Always disconnect the lat bar from the weight rack when performing an exercise that does not require the lat bar.
12. Always move the bench out of the way when performing squat exercises.
13. Wear appropriate clothes while exercising. Always wear athletic shoes for foot protection while exercising.
14. Keep children under age 12 and pets away from the weight bench at all times.
15. Keep hands and feet away from moving parts.
16. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 610 lbs. (277 kg). Do not place more than 310 lbs. (141 kg), including the barbell, on the weight rests. Do not place more than 150 lbs. (68 kg) on the weight carriage. Do not place more than 150 lbs. (68 kg) on the leg lever.
17. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
18. If you feel pain or dizziness while exercising, stop immediately and cool down.

BEFORE YOU BEGIN

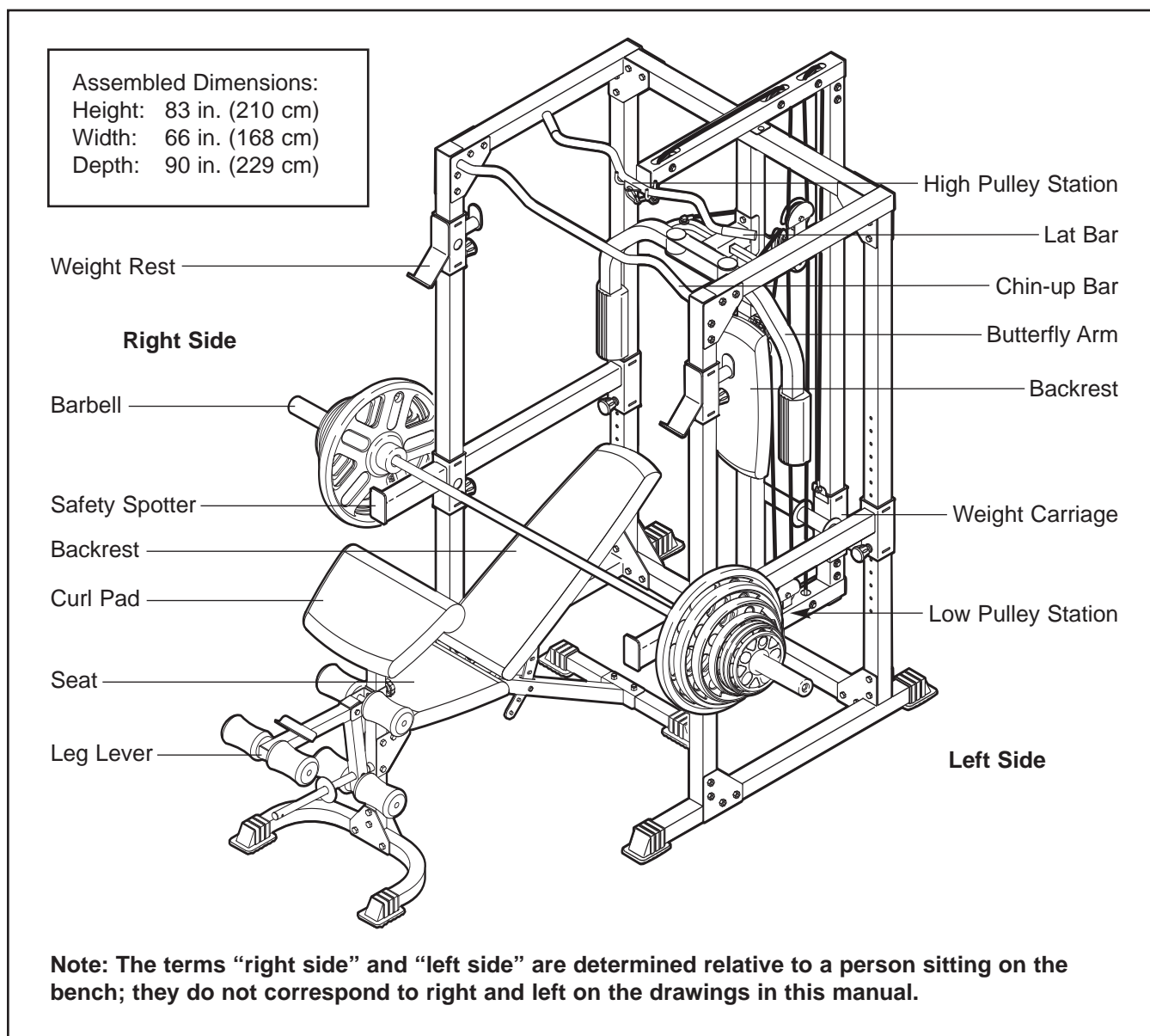
Thank you for selecting the versatile WEIDER® CLUB C720 weight bench. The weight bench offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model

number and serial number before calling. The model number and the location of the serial number decal are shown on the front cover of this manual.

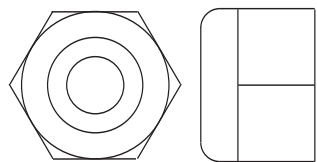
To avoid a registration fee for any service needed under warranty, you must register the weight bench at www.weiderservice.com/registration.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

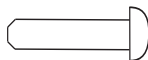


PART IDENTIFICATION CHART

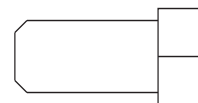
See the drawings below to identify small parts used in assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the parts bag, check to see if it has been preattached.**



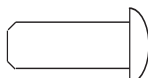
1/2" Nylon Locknut (94)



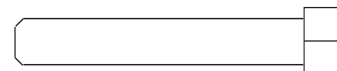
M4 x 16mm Screw (36)



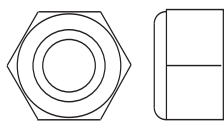
M10 x 19mm Bolt (102)



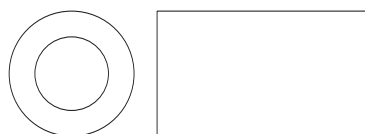
M6 x 16mm Screw (29)



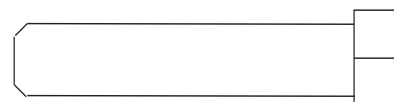
M6 x 38mm Bolt (99)



M10 Nylon Locknut (34)



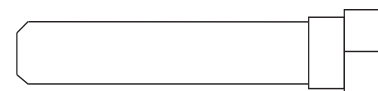
28mm Spacer (91)



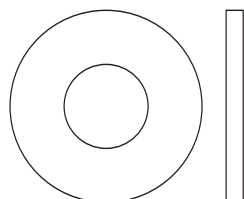
M10 x 45mm Bolt (111)



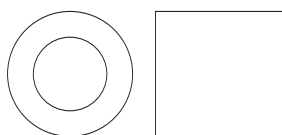
M8 Nylon Locknut (17)



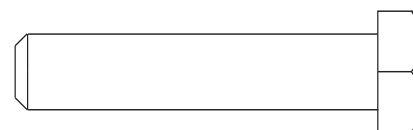
M8 x 43mm Shoulder Bolt (107)



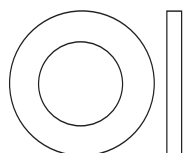
M10 Washer (35)



17mm Spacer (89)



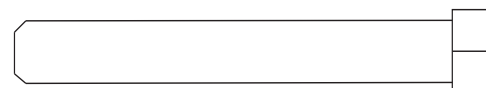
M10 x 48mm Bolt (33)



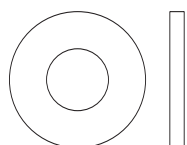
M10 Small Washer (95)



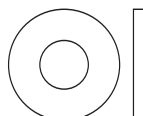
10mm Spacer (21)



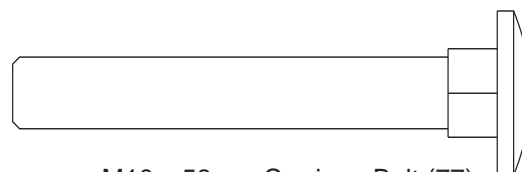
M8 x 58mm Bolt (75)



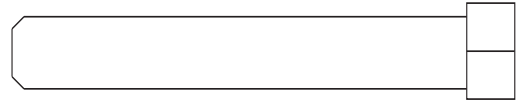
M8 Washer (60)



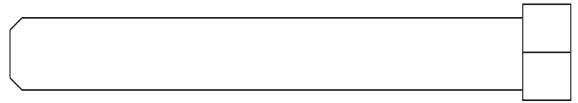
M6 Washer (78)



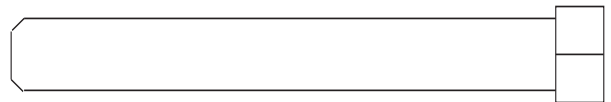
M10 x 58mm Carriage Bolt (77)



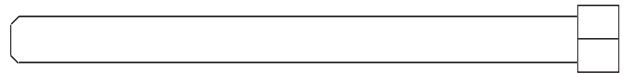
M10 x 63mm Bolt (105)



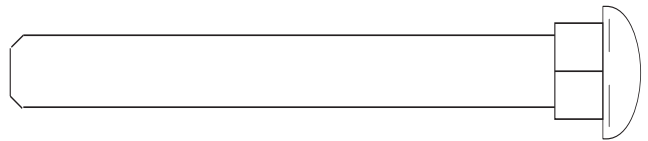
M10 x 68mm Bolt (98)



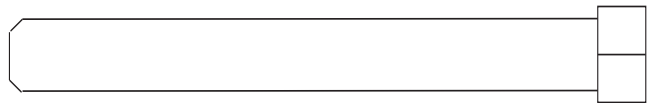
M10 x 75mm Bolt (92)



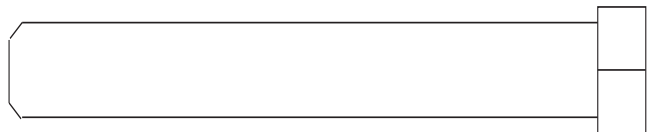
M6 x 75mm Screw (96)



M10 x 75mm Carriage Bolt (90)



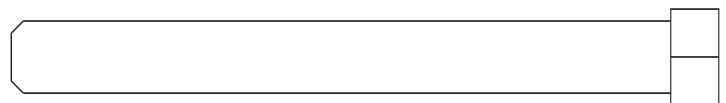
M10 x 78mm Bolt (32)



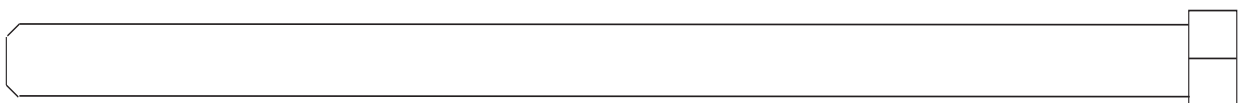
1/2" x 78mm Bolt (97)



M10 x 81mm Button Bolt (104)



M10 x 87mm Bolt (106)



M10 x 156mm Bolt (100)


ASSEMBLY

Make Assembly Easier

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by almost anyone. By setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- To hire an authorized service technician to assemble the weight bench, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- Assembly requires the included hex key(s)  and the following tools (not included):

two adjustable wrenches



one rubber mallet



one standard screwdriver



one Phillips screwdriver



Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1.

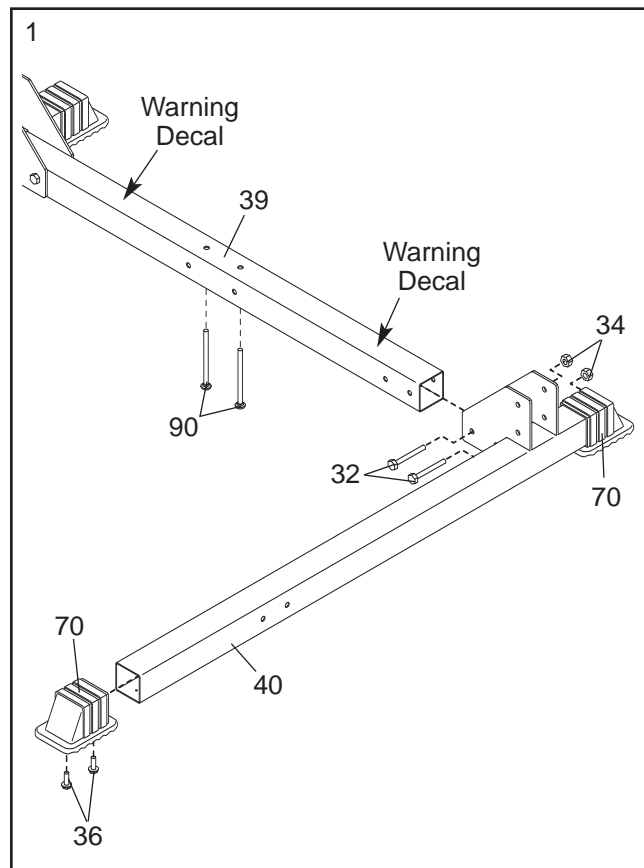
Before beginning assembly, make sure you understand the information in the box above.

Attach a Large Base Cap (70) to the Left Base (40) with two M4 x 16mm Screws (36). **Attach another Large Base Cap to the other end of the Left Base in the same way.**

Orient the Center Base (39) so that the warning decals are in the positions shown. Attach the Left Base (40) to the Center Base with two M10 x 78mm Bolts (32) and two M10 Nylon Locknuts (34). **Do not tighten the Nylon Locknuts yet.**

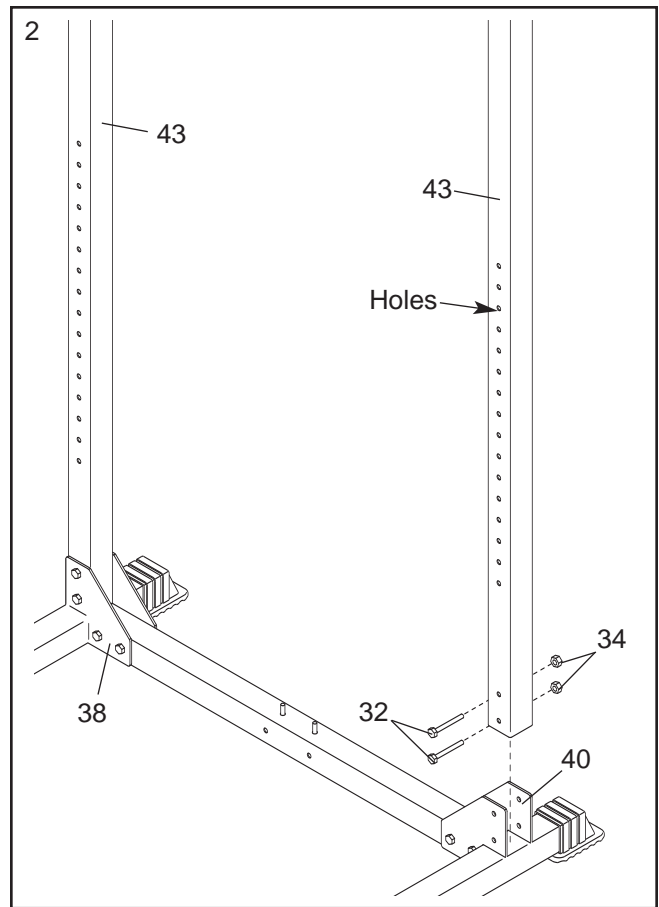
Repeat this step with the Right Base (not shown).

Insert two M10 x 75m Carriage Bolts (90) up through the Center Base (39).



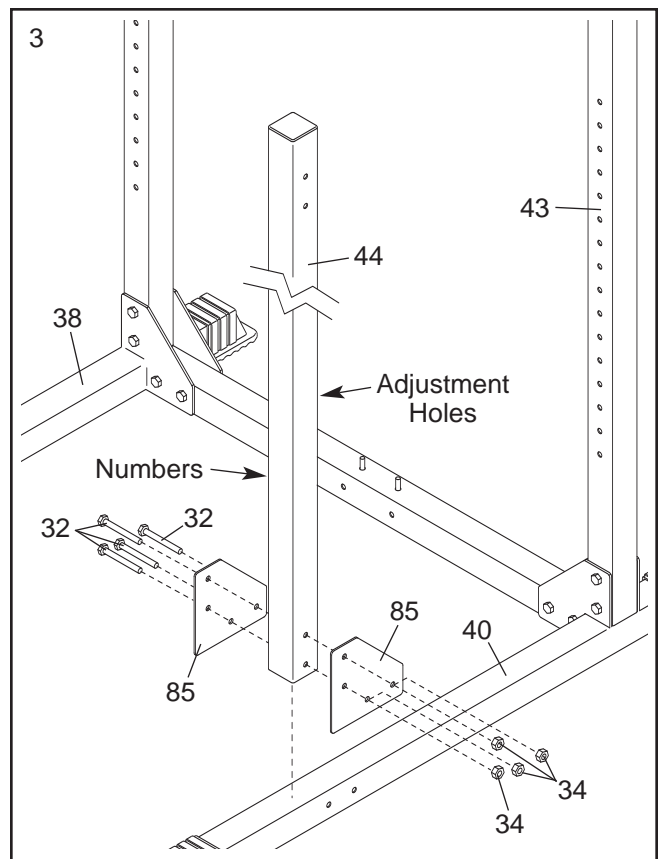
- Identify the Rear Uprights (43), which are shorter than the Front Uprights (not shown). Attach a Rear Upright to the Left Base (40) with two M10 x 78mm Bolts (32) and two M10 Nylon Locknuts (34). **Make sure that the holes are on the side shown. Do not tighten the Nylon Locknuts yet.**

Repeat this step with the other Rear Upright (43) and the Right Base (38).



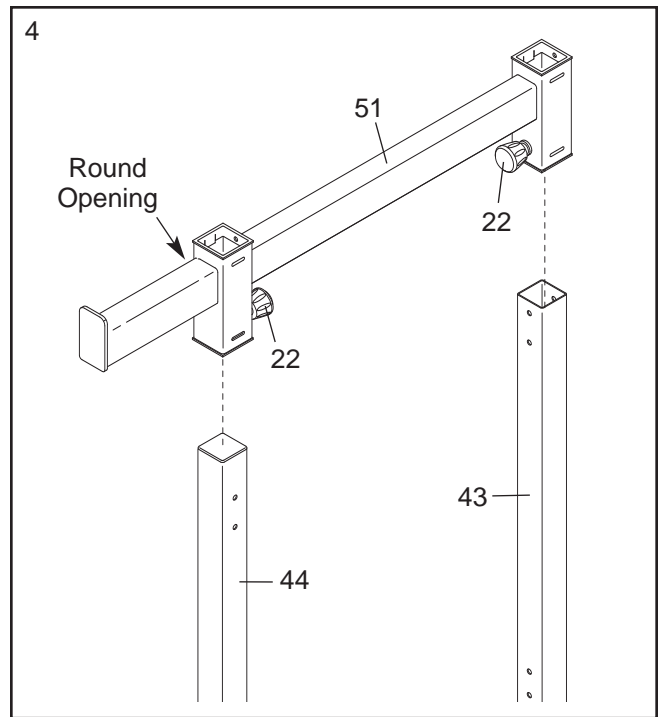
- Orient the Left Front Upright (44) so that the adjustment holes are facing the left Rear Upright (43) and the numbers are on the inward-facing side. Attach the Left Front Upright to the Left Base (40) with four M10 x 78mm Bolts (32), two Rack Joint Plates (85), and two M10 Nylon Locknuts (34). **Do not tighten the Nylon Locknuts yet.**

Attach the Right Front Upright (not shown) to the Right Base (38) in the same way.



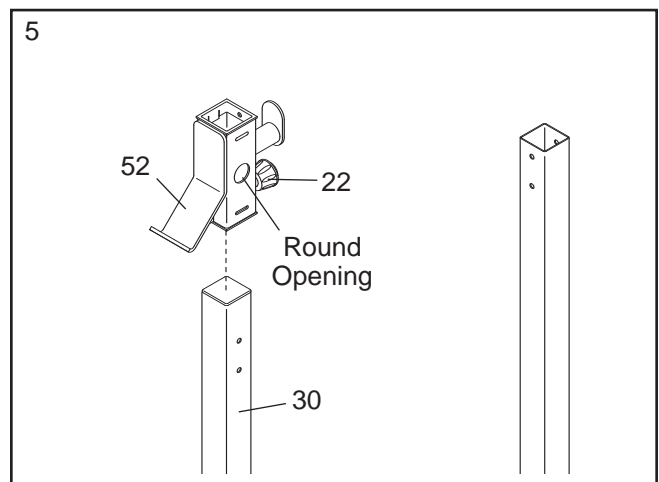
4. Identify the Left Safety Spotter (51), which has a round opening on the side shown. Loosen the two Adjustment Knobs (22) on the Left Safety Spotter by turning them counterclockwise. Next, pull both Adjustment Knobs at the same time and slide the Left Safety Spotter (51) onto the Left Uprights (43, 44). Then, engage the Adjustment Knobs into a set of adjustment holes in the Uprights. **Do not tighten the Adjustment Knobs yet.**

Repeat this step with the Right Safety Spotter (not shown) and the Right Uprights (not shown).



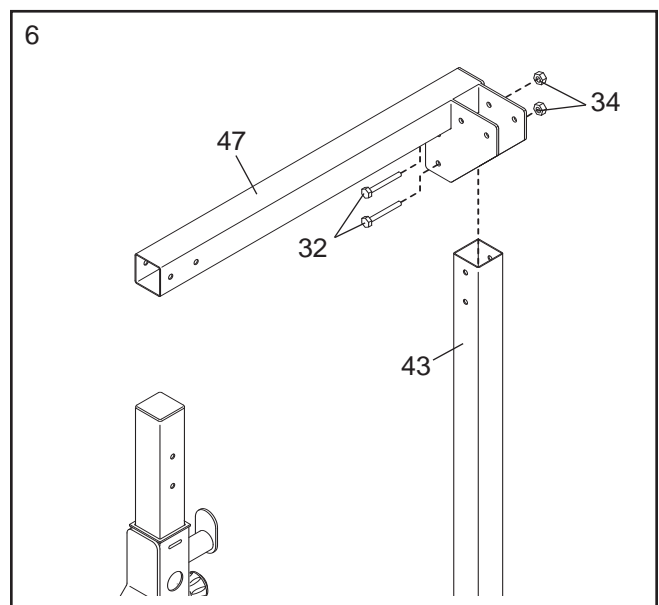
5. Identify the Right Weight Rest (52), which has a round opening on the side shown. Loosen the Adjustment Knob (22) on the Right Weight Rest by turning it counterclockwise. Next, pull the Adjustment Knob and slide the Right Weight Rest onto the Right Front Upright (30). Then, engage and tighten the Adjustment Knob into an adjustment hole in the Right Front Upright.

Repeat this step with the Left Weight Rest (not shown) and the Left Front Upright (not shown).



6. Attach the Right Top Frame (47) to the right Rear Upright (43) with two M10 x 78mm Bolts (32) and two M10 Nylon Locknuts (34). **Do not tighten the Nylon Locknuts yet.**

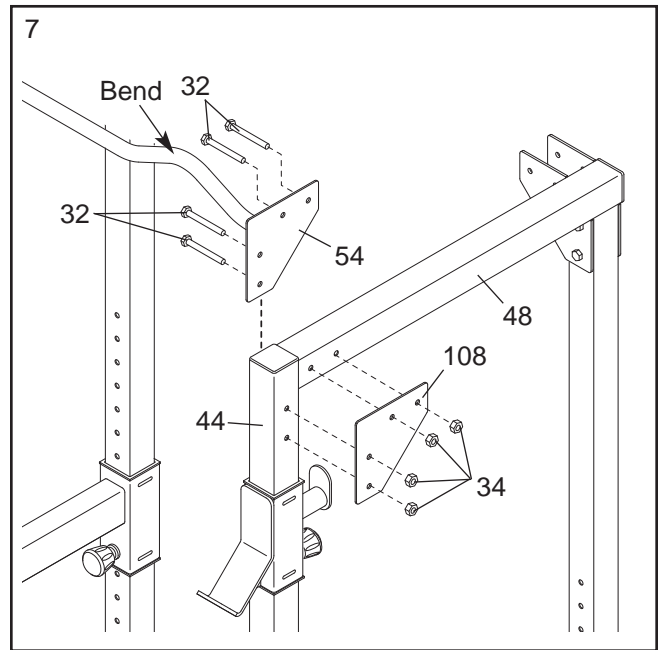
Repeat this step with the Left Top Frame (not shown) and the left Rear Upright (not shown).



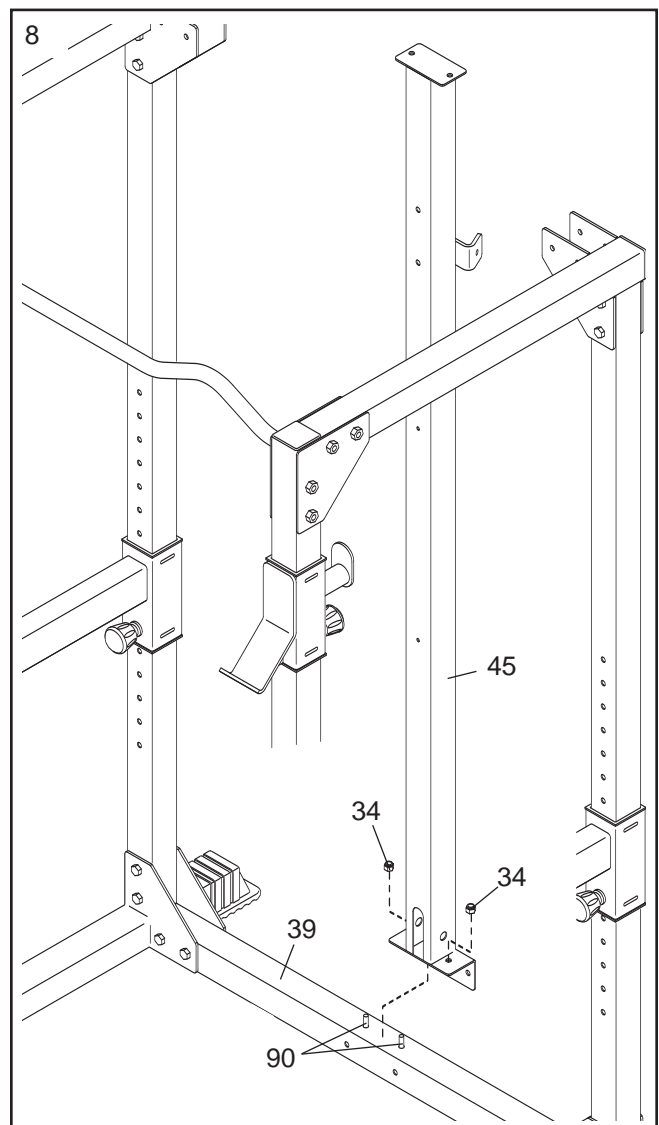
7. Orient the Chin-up Bar (54) as shown, and attach it to the Left Front Upright (44) and the Left Top Frame (48) with four M10 x 78mm Bolts (32), a Chrome Joint Plate (108), and four M10 Nylon Locknuts (34). **Do not tighten the Nylon Locknuts yet.**

Attach the Chin-up Bar (54) to the Right Front Upright (not shown) and the Right Top Frame (not shown) in the same way.

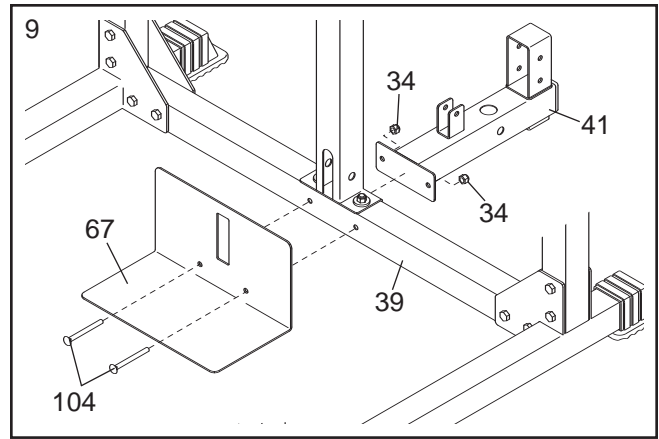
See step 4. Tighten the Adjustment Knobs (22).



8. Attach the Center Upright (45) to the Center Base (39) with the two M10 x 75mm Carriage Bolts (90) and two M10 Nylon Locknuts (34). **Do not tighten the Nylon Locknuts yet.**

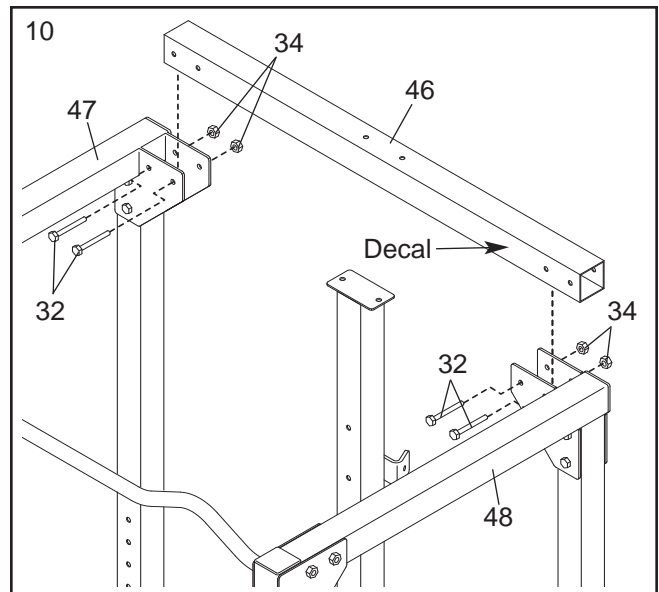


9. Attach the Foot Plate (67) and the Weight Carriage Base (41) to the Center Base (39) with two M10 x 81mm Button Bolts (104) and two M10 Nylon Locknuts (34). **Do not tighten the Nylon Locknuts yet.**



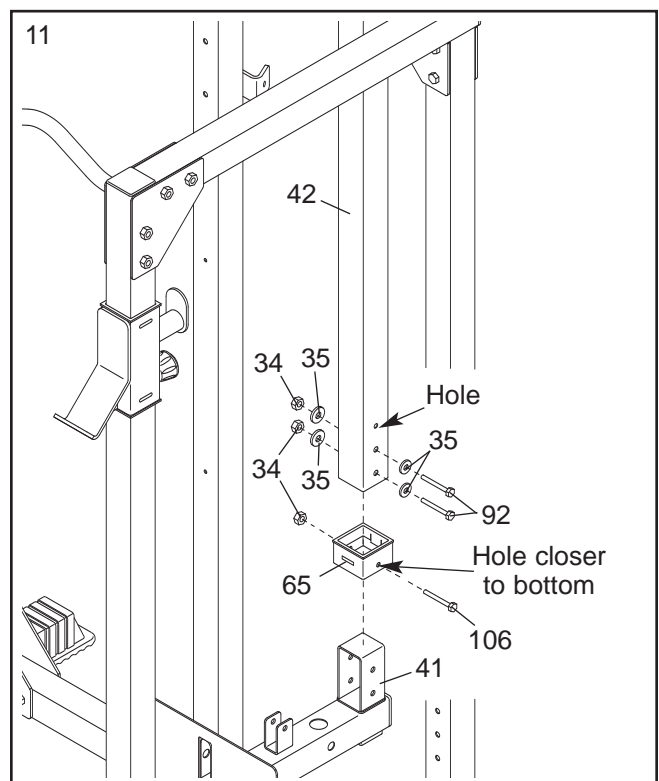
10. Attach the Center Top Frame (46) to the Left Top Frame (47) with two M10 x 78mm Bolts (32) and two M10 Nylon Locknuts (34). **Make sure that the decal is in the indicated location. Do not tighten the Nylon Locknuts yet.**

Attach the Center Top Frame (46) to the Right Top Frame (47) with two M10 x 78mm Bolts (32) and two M10 Nylon Locknuts (34). **Do not tighten the Nylon Locknuts yet.**



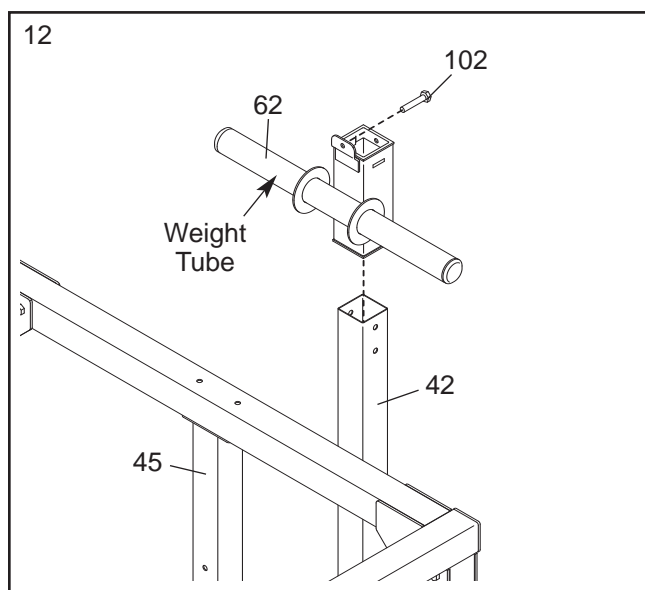
11. Slide the Weight Carriage Stop (65) onto the Weight Carriage Upright (42) as shown, and attach it at the indicated hole with an M10 x 87mm Bolt (106) and an M10 Nylon Locknut (34).

Attach the Weight Carriage Upright (42) to the Weight Carriage Base (41) with two M10 x 75mm Bolts (92), four M10 Washers (35), and two M10 Nylon Locknuts (34). **Do not tighten the Nylon Locknuts yet.**



12. Insert an M10 x 19mm Bolt (102) into the bracket on the Weight Carriage (62) from the side shown.

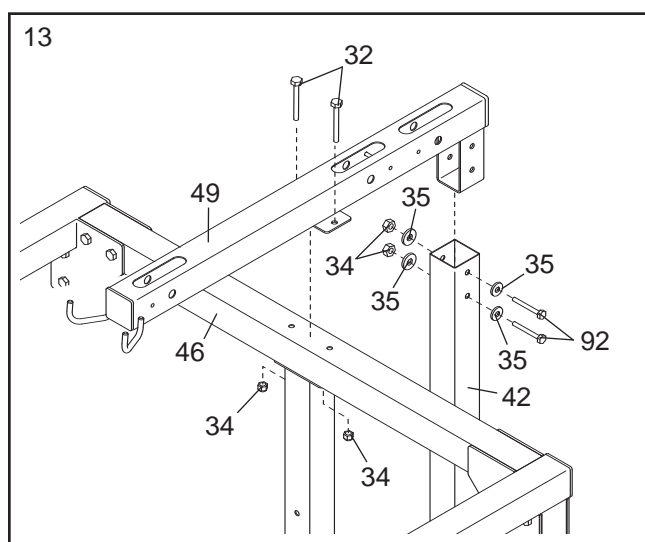
Slide the Weight Carriage (62) onto the Weight Carriage Upright (42) so that the weight tube is toward the Center Upright (45).



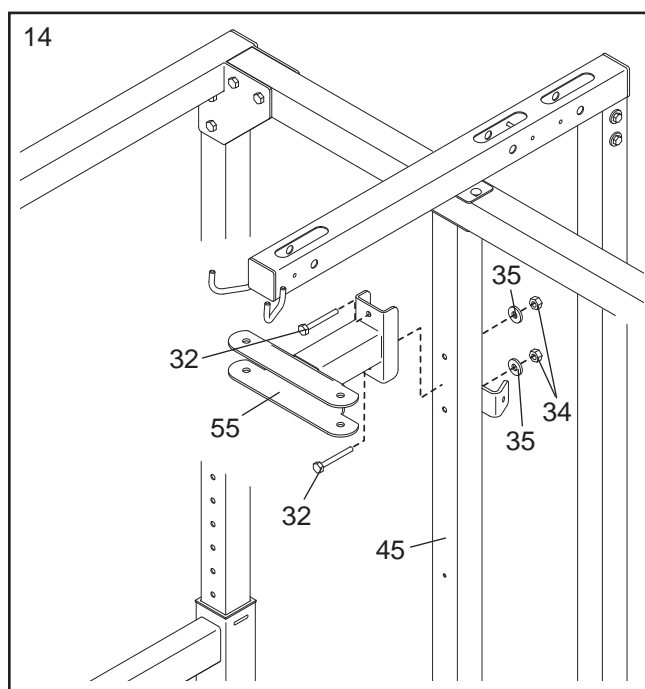
13. Attach the Weight Guide Top Frame (49) to the Weight Carriage Upright (42) with two M10 x 75mm Bolts (92), four M10 Washers (35), and two M10 Nylon Locknuts (34). **Do not tighten the Nylon Locknuts yet.**

Attach the Weight Guide Top Frame (49) to the Center Top Frame (46) with two M10 x 78mm Bolts (32) and two M10 Nylon Locknuts (34).

See steps 1 to 13. Tighten the M10 Nylon Locknuts (34) used in these steps.



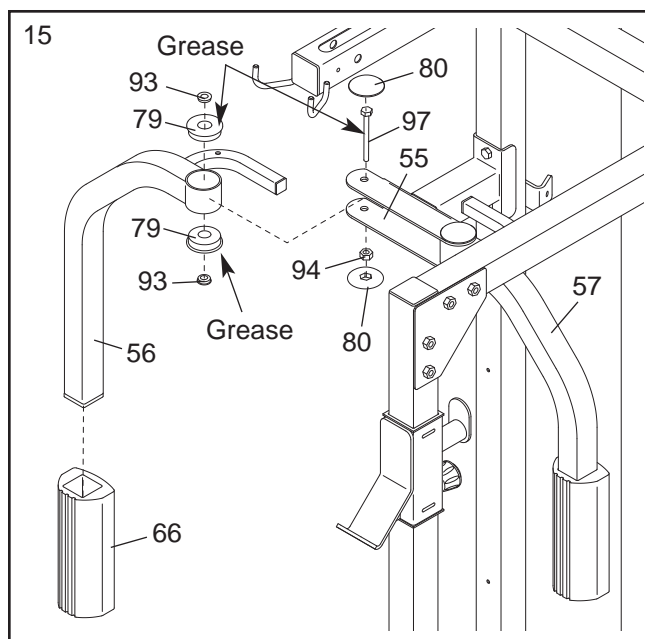
14. Attach the Butterfly Bracket (55) to the Center Upright (45) with two M10 x 78mm Bolts (32), two M10 Washers (35), and two M10 Nylon Locknuts (34).



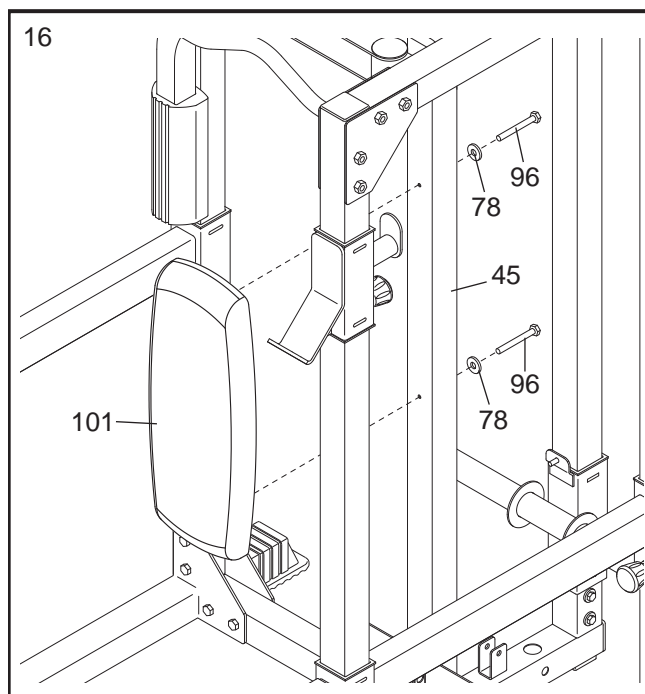
15. Press two Plastic Butterfly Bushings (79) and two Metal Butterfly Bushings (93) into the Right Butterfly Arm (56). Wet the bottom of the Right Butterfly Arm with soapy water and slide a Butterfly Foam Pad (66) onto the Right Butterfly Arm.

Apply some of the included grease to a 1/2" x 78mm Bolt (97) and to the Plastic Butterfly Bushings (79). Attach the Right Butterfly Arm (56) to the Butterfly Bracket (55) with the Bolt and a 1/2" Nylon Locknut (94). Cover the Bolt and the Nylon Locknut with two Butterfly Caps (80). **Do not overtighten the Nylon Locknut; the Right Butterfly Arm must pivot easily.**

Repeat this step with the Left Butterfly Arm (57).

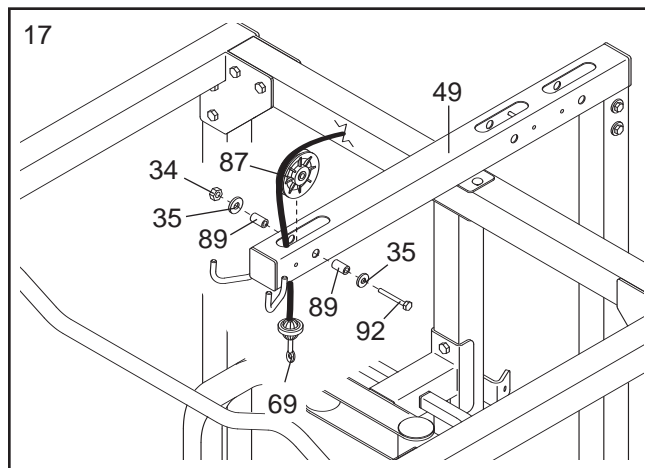


16. Attach the Butterfly Backrest (101) to the Center Upright (45) with two M6 x 75mm Screws (96) and two M6 Washers (78).

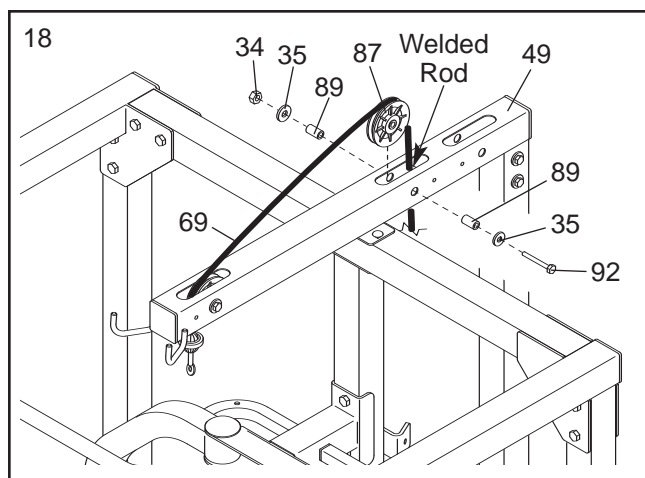


17. **IMPORTANT: See the CABLE DIAGRAM on page 25 to identify the cables as you assemble them.**

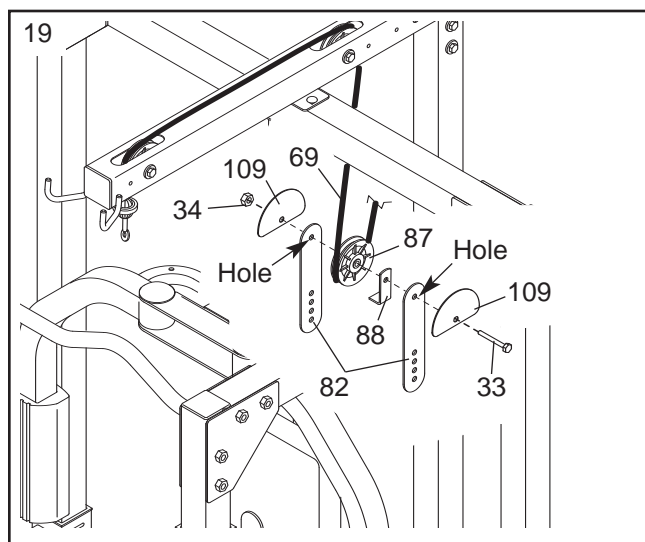
Identify the Medium Cable (69). Route the Cable up through the Weight Guide Top Frame (49) and over a Pulley (87). Attach the Pulley inside the Top Frame with an M10 x 75mm Bolt (92), two M10 Washers (35), two 17mm Spacers (89), and an M10 Nylon Locknut (34).



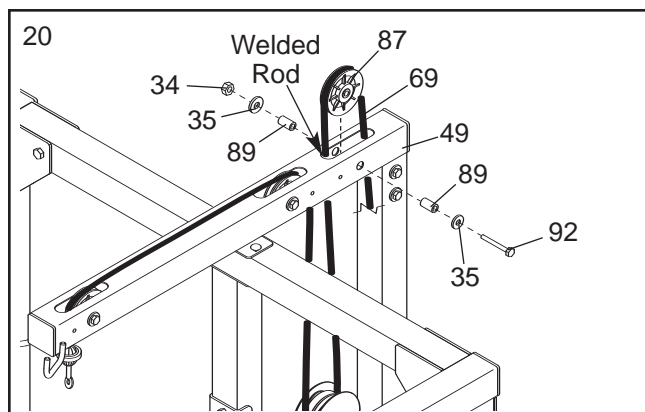
18. Route the Medium Cable (69) over a Pulley (87) and down through the Weight Guide Top Frame (49). **Make sure that the Cable is routed between the Pulley and the welded rod as shown.** Attach the Pulley inside the Weight Guide Top Frame with an M10 x 75mm Bolt (92), two M10 Washers (35), two 17mm Spacers (89), and an M10 Nylon Locknut (34).



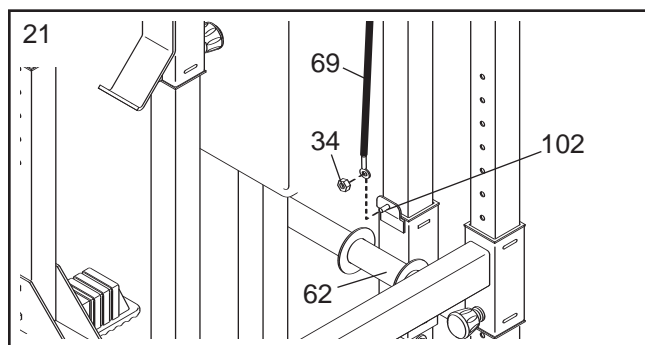
19. Wrap the Medium Cable (69) under a Pulley (87). Attach the Pulley, a Small Cable Trap (88), and two Half Pulley Guards (109) to the indicated holes in the Pulley Plates (82) with an M10 x 48mm Bolt (33) and an M10 Nylon Locknut (34). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



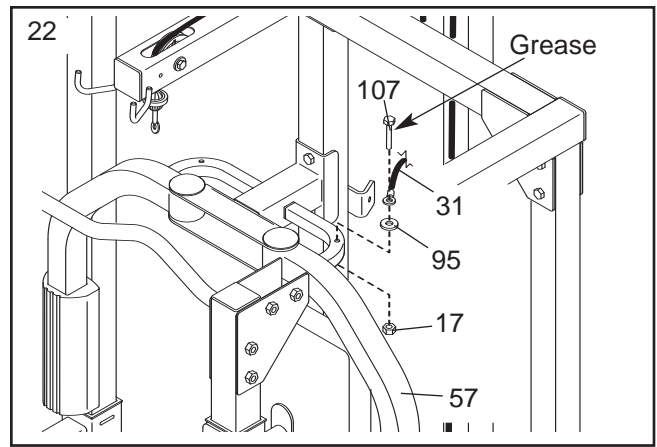
20. Route the Medium Cable (69) up through the Weight Guide Top Frame (49), over a Pulley (87), and back down through the Weight Guide Top Frame. **Make sure that the Cable is routed between the Pulley and the welded rod as shown.** Attach the Pulley inside the Weight Guide Top Frame with an M10 x 75mm Bolt (92), two M10 Washers (35), two 17mm Spacers (89), and an M10 Nylon Locknut (34).



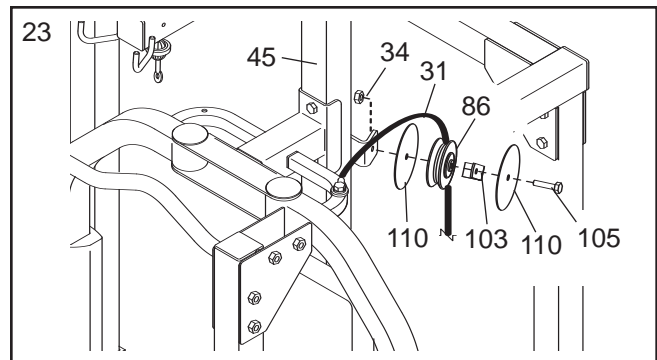
21. Attach the Medium Cable (69) to the M10 x 19mm Bolt (102) in the Weight Carriage (62) with an M10 Nylon Locknut (34).



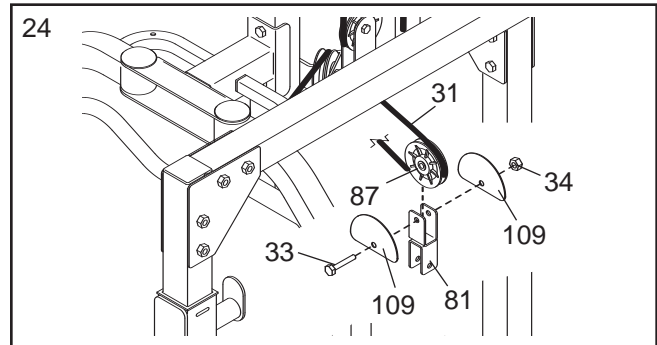
22. **Identify the Butterfly Cable (31).** Grease an M8 x 43mm Shoulder Bolt (107) with grease. Attach the Cable to the Left Butterfly Arm (57) with the Shoulder Bolt, an M10 Small Washer (95), and an M8 Nylon Locknut (17).



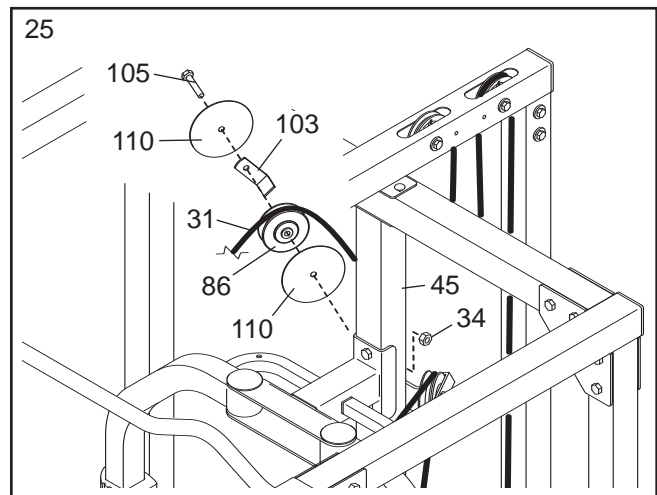
23. Wrap the Butterfly Cable (31) over a "V"-pulley (86). Attach the "V"-pulley, a Large Cable Trap (103), and two Full Pulley Guards (110) to the bracket on the Center Upright (45) with an M10 x 63mm Bolt (105) and an M10 Nylon Locknut (34). **Make sure that the Large Cable Trap is oriented to hold the Cable in the groove of the "V"-pulley.**



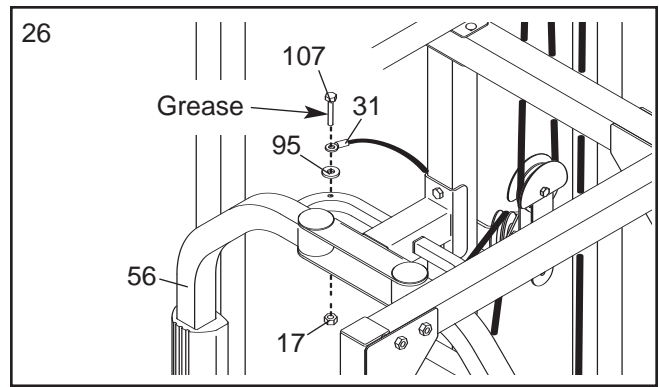
24. Wrap the Butterfly Cable (31) under a Pulley (87). Attach the Pulley and two Half Pulley Guards (109) to the Double "U"-bracket (81) with an M10 x 48mm Bolt (33) and an M10 Nylon Locknut (34).



25. Wrap the Butterfly Cable (31) over a "V"-pulley (86). Attach the "V"-pulley, a Large Cable Trap (103), and two Full Pulley Guards (110) to the other side of the bracket on the Center Upright (45) with an M10 x 63mm Bolt (105) and an M10 Nylon Locknut (34). **Make sure that the Large Cable Trap is oriented to hold the Cable in the groove of the "V"-pulley.**

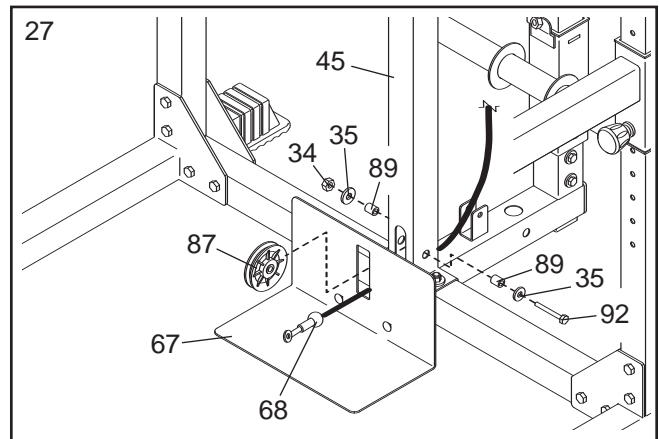


26. Grease an M8 x 43mm Shoulder Bolt (107). Attach the Butterfly Cable (31) to the Right Butterfly Arm (56) with the Shoulder Bolt, an M10 Small Washer (95), and an M8 Nylon Locknut (17).

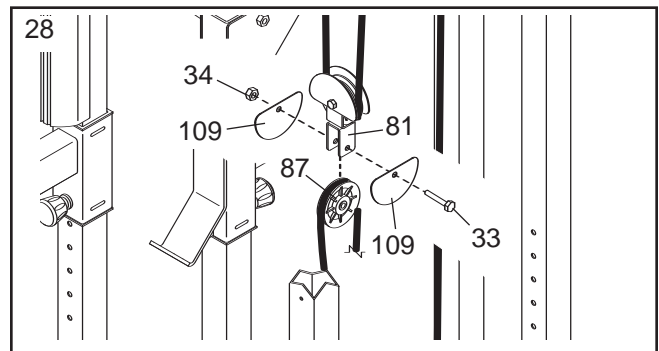


27. **Identify the Long Cable (68).** Route the eyelet end of the Cable through the Foot Plate (67) and the Center Upright (45) and under a Pulley (87).

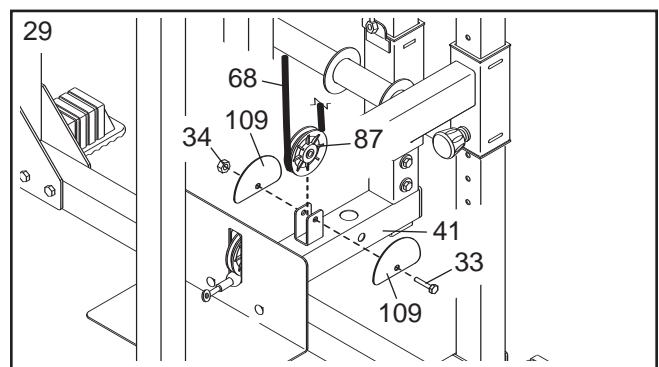
Attach the Pulley (87) inside the Center Upright (45) with an M10 x 75mm Bolt (92), two M10 Washers (35), two 17mm Spacers (89), and an M10 Nylon Locknut (34).



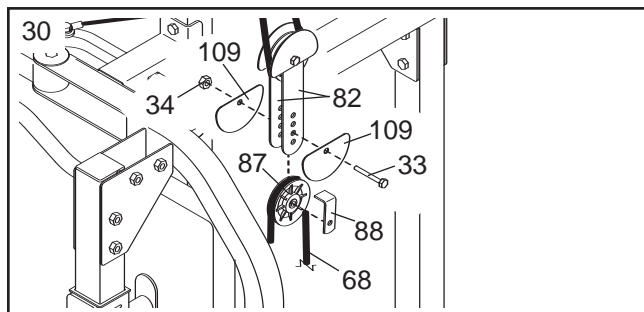
28. Wrap the Long Cable (68) over a Pulley (87). Attach the Pulley and two Half Pulley Guards (109) to the Double "U"-bracket (81) with an M10 x 48mm Bolt (33) and an M10 Nylon Locknut (34).



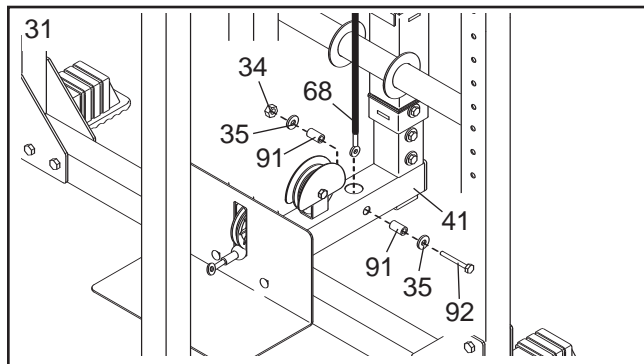
29. Wrap the Long Cable (68) under a Pulley (87). Attach the Pulley and two Half Pulley Guards (109) to the Weight Carriage Base (41) with an M10 x 48mm Bolt (33) and an M10 Nylon Locknut (34).



30. Wrap the Long Cable (68) over a Pulley (87). Attach the Pulley, a Small Cable Trap (88), and two Half Pulley Guards (109) to the second set of holes from the bottom of the Pulley Plates (82) with an M10 x 48mm Bolt (33) and an M10 Nylon Locknut (34). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

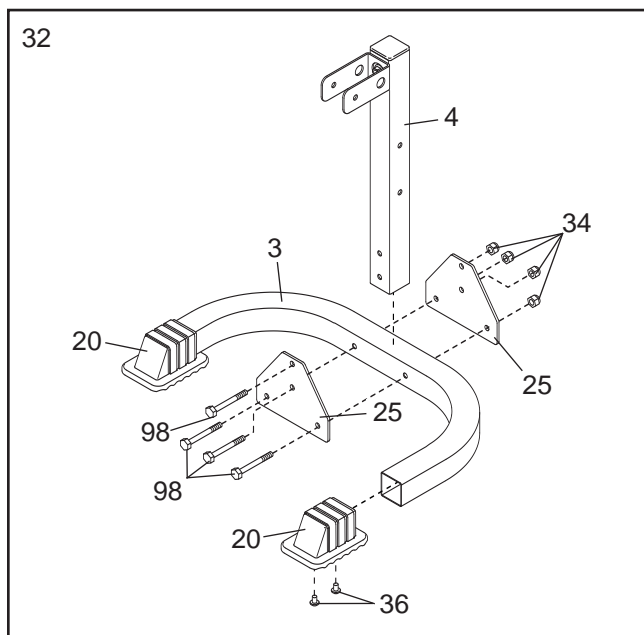


31. Attach the Long Cable (68) inside the Weight Carriage Base (41) with an M10 x 75mm Bolt (92), two M10 Washers (35), two 28mm Spacers (91), and an M10 Nylon Locknut (34).



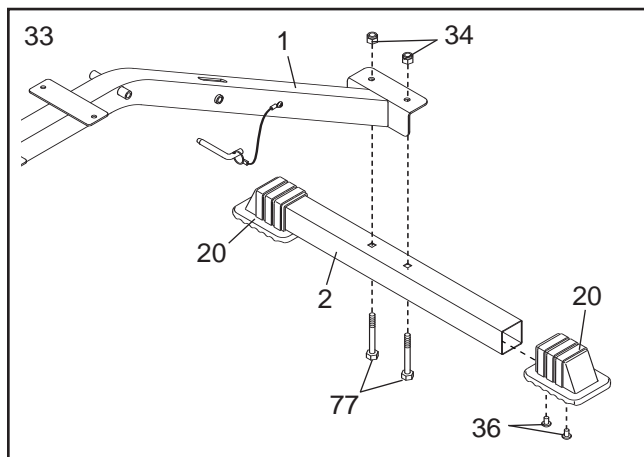
32. Attach a Small Base Cap (20) to the Bench Base (3) with two M4 x 16mm Screws (36). **Attach another Small Base Cap (20) to the Bench Base in the same way.**

Attach the Bench Leg (4) to the Bench Base (3) with four M10 x 68mm Bolts (98), two Leg Plates (25), and four M10 Nylon Locknuts (34). **Do not tighten the Nylon Locknuts yet.**

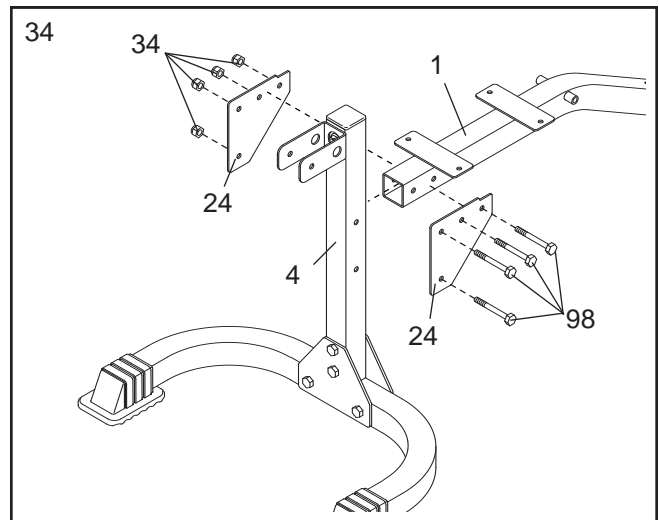


33. Attach a Small Base Cap (20) to the Stabilizer (2) with two M4 x 16mm Screws (36). **Attach another Small Base Cap (20) to the Stabilizer in the same way.**

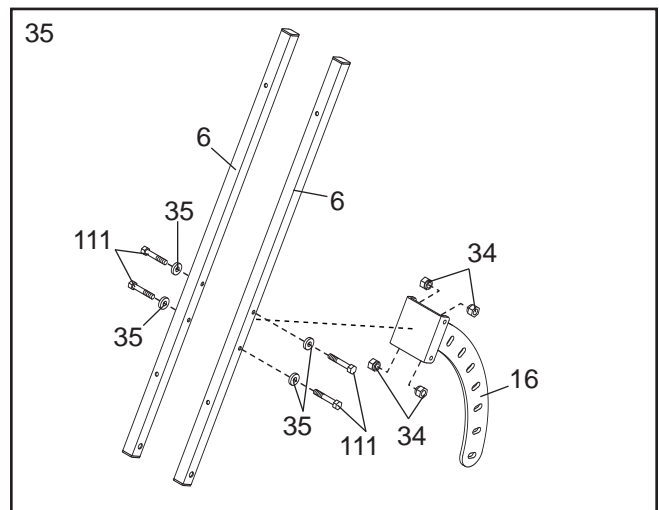
Attach the Bench Frame (1) to the Stabilizer (2) with two M10 x 58mm Carriage Bolts (77) and two M10 Nylon Locknuts (34). **Do not tighten the Nylon Locknuts yet.**



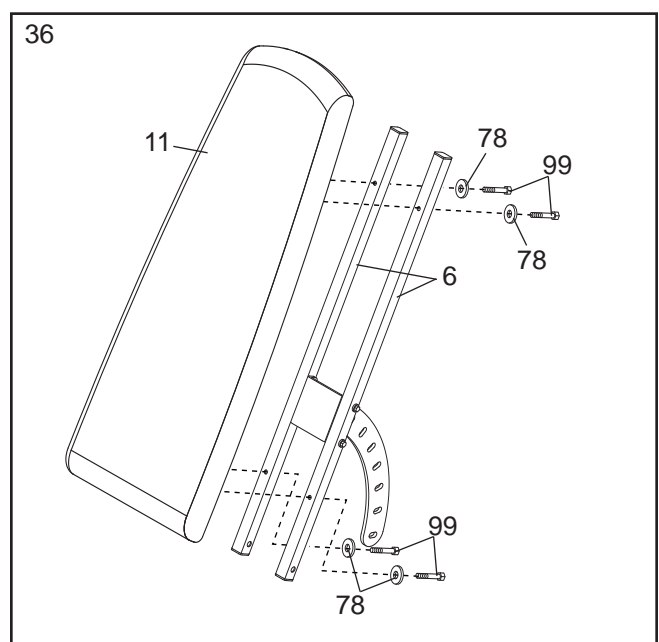
34. Attach the Bench Frame (1) to the Bench Leg (4) with four M10 x 68mm Bolts (98), two Notched Plates (24), and four M10 Nylon Locknuts (34). **Do not tighten the Nylon Locknuts yet.**



35. Attach the Backrest Frames (6) to the Backrest Bracket (16) with four M10 x 45mm Bolts (111), four M10 Washers (35), and four M10 Nylon Locknuts (34). **Make sure that the Backrest Frames are oriented with the indicated holes closer to the bottom. Do not tighten the Nylon Locknuts yet.**



36. Attach the Backrest (11) to the Backrest Frames (6) with four M6 x 38mm Screws (99) and four M6 Washers (78).

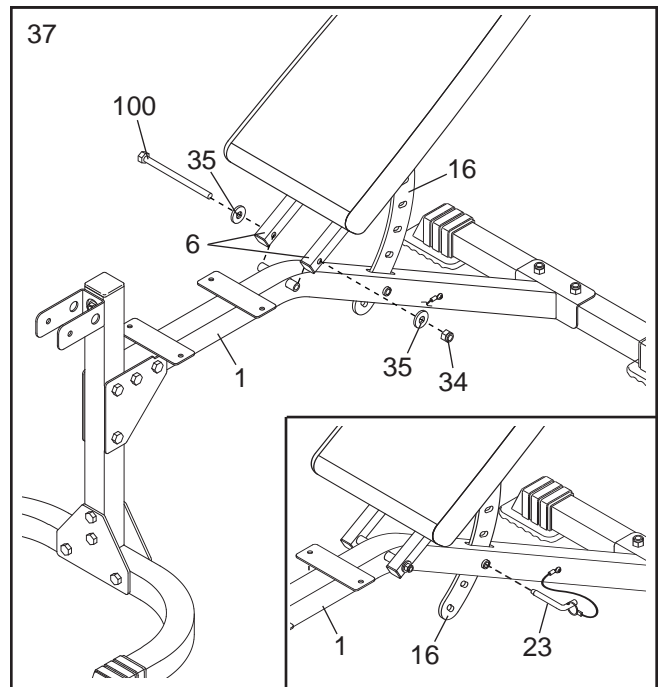


37. Insert the Backrest Bracket (16) into the slot in the Bench Frame (1).

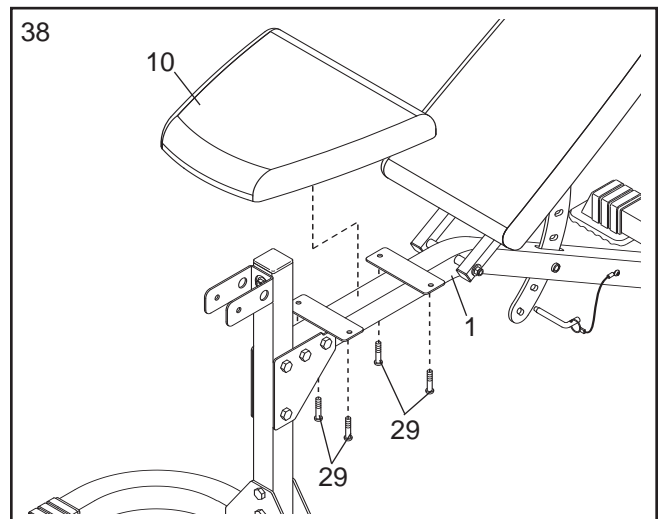
Attach the Backrest Frames (6) to the Bench Frame (1) with an M10 x 156mm Bolt (100), two M10 Washers (35), and an M10 Nylon Locknut (34). **Do not overtighten the Nylon Locknut; the Bracket Frames must be able to pivot easily.**

See the inset drawing. Insert the Bench Pin (23) into the Bench Frame (1) and one of the adjustment holes in the Backrest Bracket (16).

See steps 32 to 35. Tighten the M10 Nylon Locknuts (34).

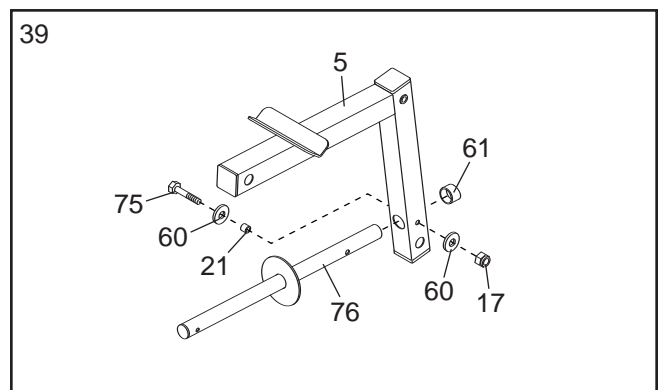


38. Attach the Seat (10) to the Bench Frame (1) with four M6 x 16mm Screws (29).

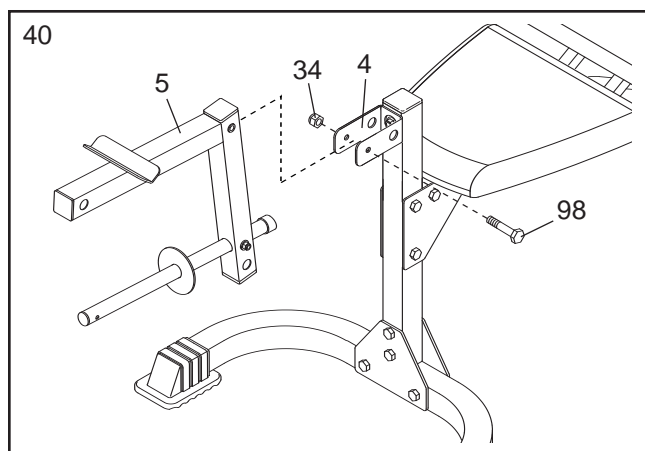


39. Attach the Weight Tube (76) to the Leg Lever (5) with an M8 x 58mm Bolt (75), two M8 Washers (60), the 10mm Spacer (21), and an M8 Nylon Locknut (17).

Press the 25mm Angled Outer Cap (61) onto the indicated end of the Weight Tube (76).

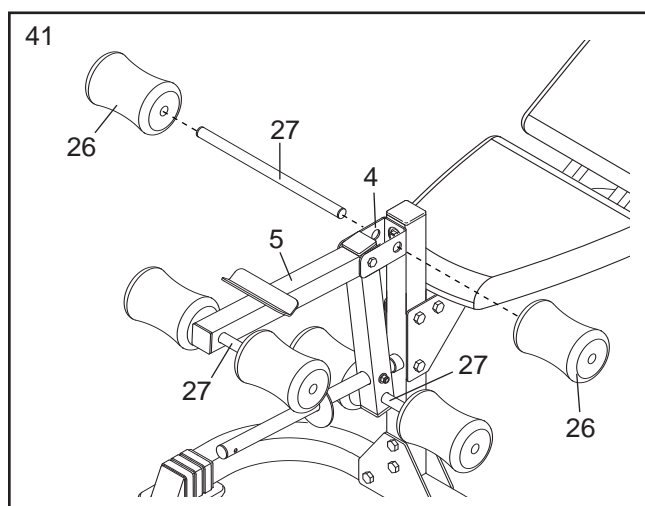


40. Grease an M10 x 68mm Bolt (98) with grease. Attach the Leg Lever (5) to the Bench Leg (4) with the Bolt and an M10 Nylon Locknut (34). **Do not overtighten the Nylon Locknut; the Leg Lever must pivot easily.**

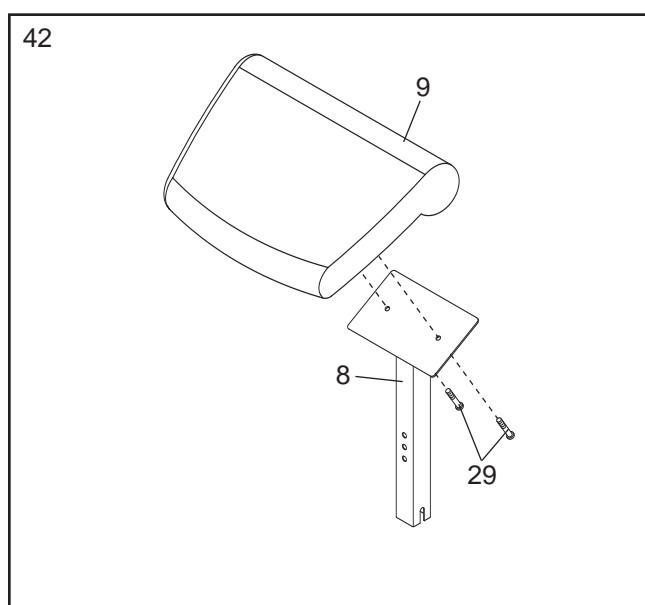


41. Insert a Pad Tube (27) into the Bench Leg (4). Slide two Foam Pads (26) onto the Pad Tube.

Assemble the two remaining Pad Tubes (27) to the Leg Lever (5) in the same way.



42. Attach the Curl Pad (9) to the Curl Post (8) with two M6 x 16mm Screws (29).



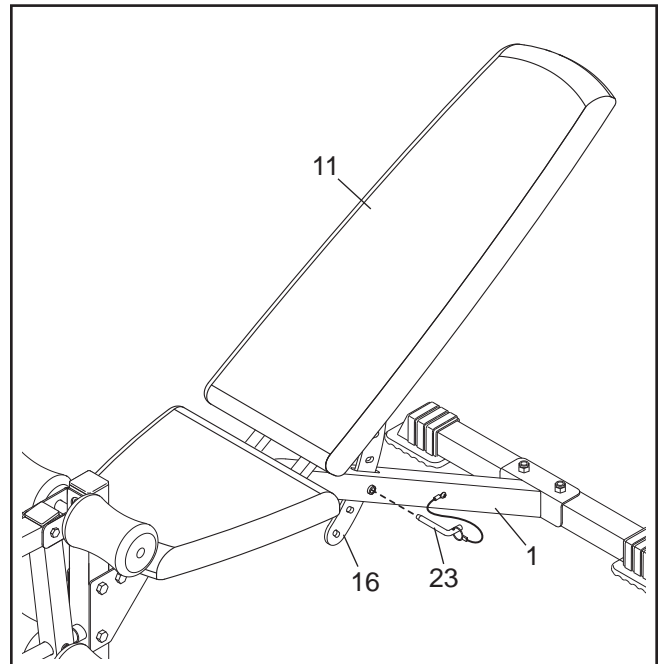
43. **Make sure that all parts are properly tightened before the weight bench is used.** The use of all remaining parts will be explained in ADJUSTMENT, beginning on the following page.

ADJUSTMENT

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 26 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for a selection of exercises.

ADJUSTING THE BACKREST

To adjust the position of the Backrest (11), pull the Bench Pin (23) out of the Bench Frame (1). Move the Backrest to the desired position, and insert the Pin into the Bench Frame and one of the adjustment holes in the Backrest Bracket (16).

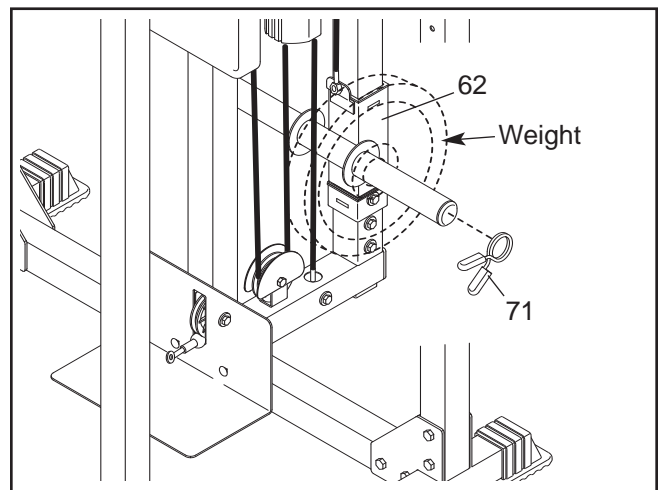


ADDING WEIGHT TO THE WEIGHT CARRIAGE OR BARBELL

To add weight to the Weight Carriage (62), slide the desired amount of weight onto the weight tube. Secure the weights with a Large Weight Clip (71).

Add weight to the Barbell (not shown) in the same way.

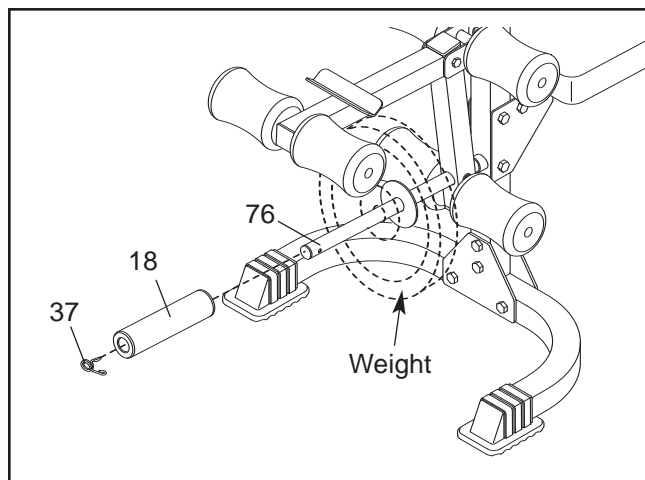
WARNING: Do not place more than 150 lbs. (68 kg) on the Weight Carriage (62).



ADDING WEIGHT TO THE LEG LEVER

Slide the desired amount of weight onto the Weight Tube (76). To use Olympic weights, slide the Weight Adapter (18) onto the Weight Tube before adding weights. Secure the weights with the Small Weight Clip (37).

⚠ WARNING: Do not place more than 150 lbs. (68 kg) on the Weight Tube (76).

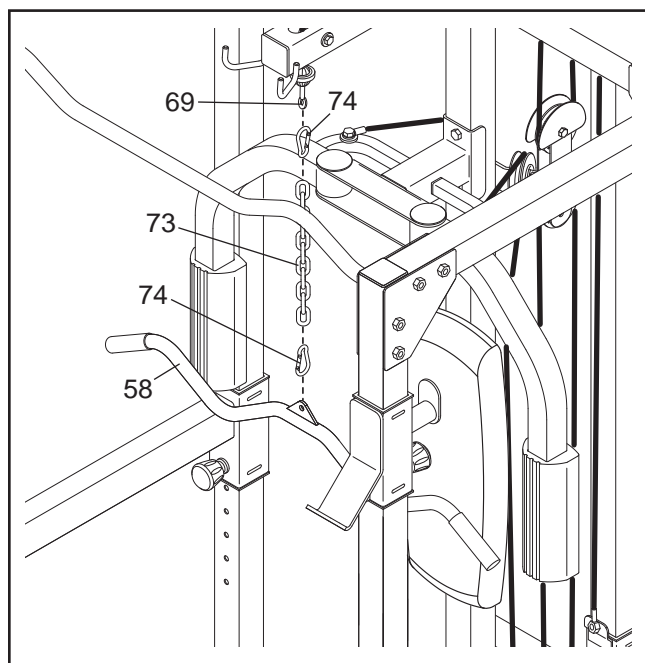


ATTACHING ACCESSORIES

Attach the Lat Bar (58) to the Medium Cable (69) with a Small Cable Clip (74). For some exercises, the Chain (73) should be attached between the Lat Bar and the Medium Cable with two Small Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The Lat Bar (58) or the Ankle Strap (not shown) can be attached to either cable in the same way.

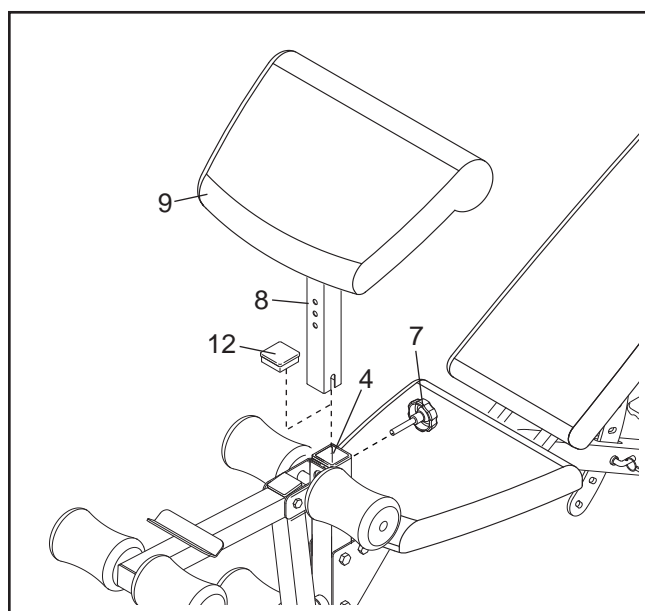
⚠ WARNING: Always disconnect the Lat Bar (58) when performing an exercise that does not require using the Lat Bar.



ATTACHING THE LEG LEVER OR THE CURL PAD

To use the Curl Pad (9), remove the 45mm Square Inner Cap (12) from the Bench Leg (4). Insert the Curl Post (8) into the Bench Leg. Secure the Curl Post with the Bench Knob (7).

When performing an exercise that does not require the Curl Pad (9), remove it from the Bench Leg (4) and insert the 45mm Square Inner Cap (12).

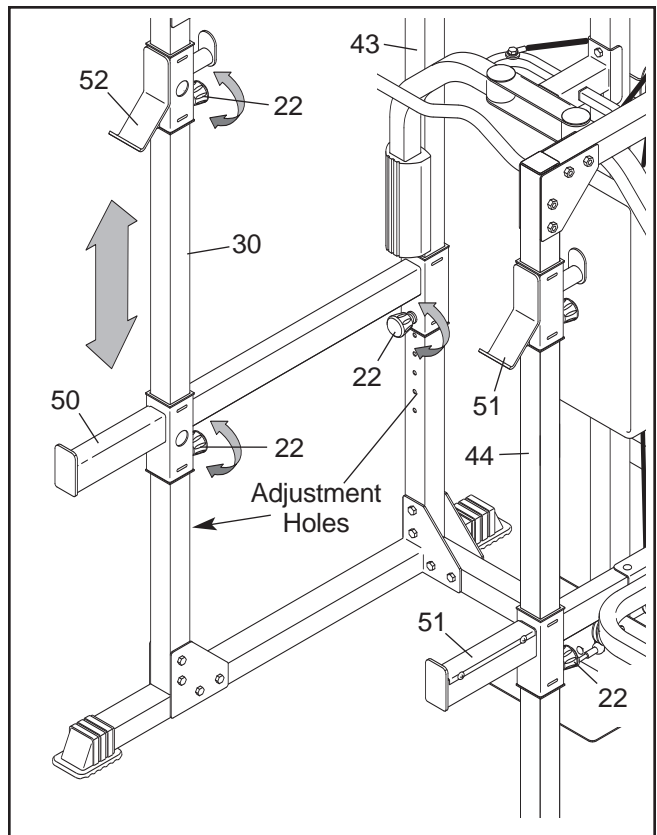


USING THE WEIGHT RESTS AND THE SAFETY SPOTTERS

Before beginning an exercise, move the Weight Rests (52, 53) and the Safety Spotters (50, 51) to sets of holes in the Uprights (43, 44, and 30) that are best suited for that exercise. Do this by turning the Adjustment Knobs (22) counterclockwise until they are loose. Pull the Adjustment Knobs and slide the Weight Rests or the Safety Spotters to the desired heights. Engage the Adjustment Knobs into adjustment holes in the Uprights and turn the Adjustment Knobs clockwise until they are tight.

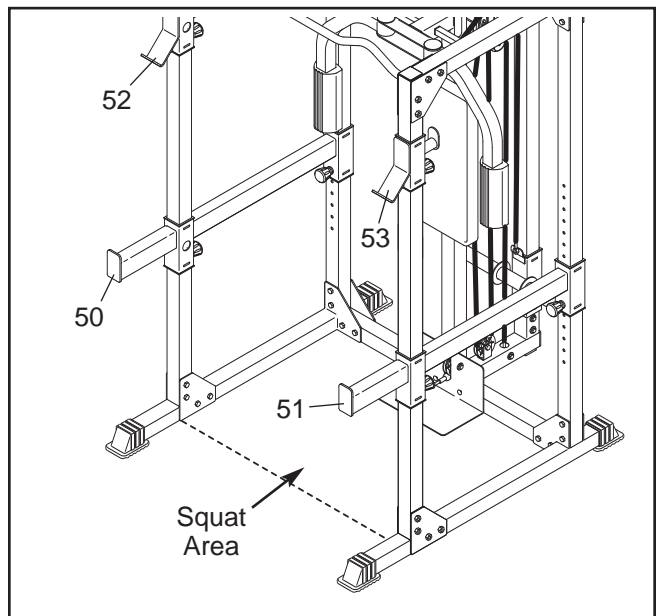
The selected holes for the Safety Spotters (50, 51) should represent the lowest point to which you want the barbell to go during the exercise. The selected holes for the Weight Rests (52, 53) should be at a comfortable height for lifting and replacing the barbell. Perform the exercise as shown on the accompanying exercise guide.

⚠ WARNING: Always fully tighten the Adjustment Knobs (22).



SETTING UP FOR SQUAT EXERCISES

Squat exercises should be performed inside the rack (behind the dotted line in the picture). When performing squat exercises, set the Weight Rests (52, 53) and the Safety Spotters (50, 51) at a comfortable height in the manner describe in USING THE WEIGHT RESTS AND THE SAFETY SPOTTERS above.



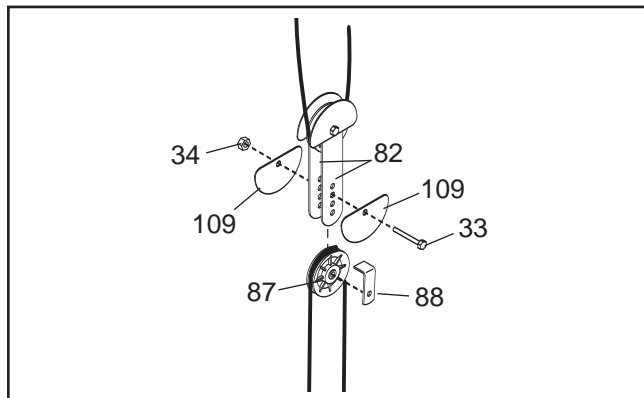
MAINTENANCE

Make sure that all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight bench.**

TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight bench, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. **See ADDING WEIGHT TO THE WEIGHT CARRIAGE OR BARBELL in the ADJUSTMENT section of this manual.** Add some weights to the weight carriage.

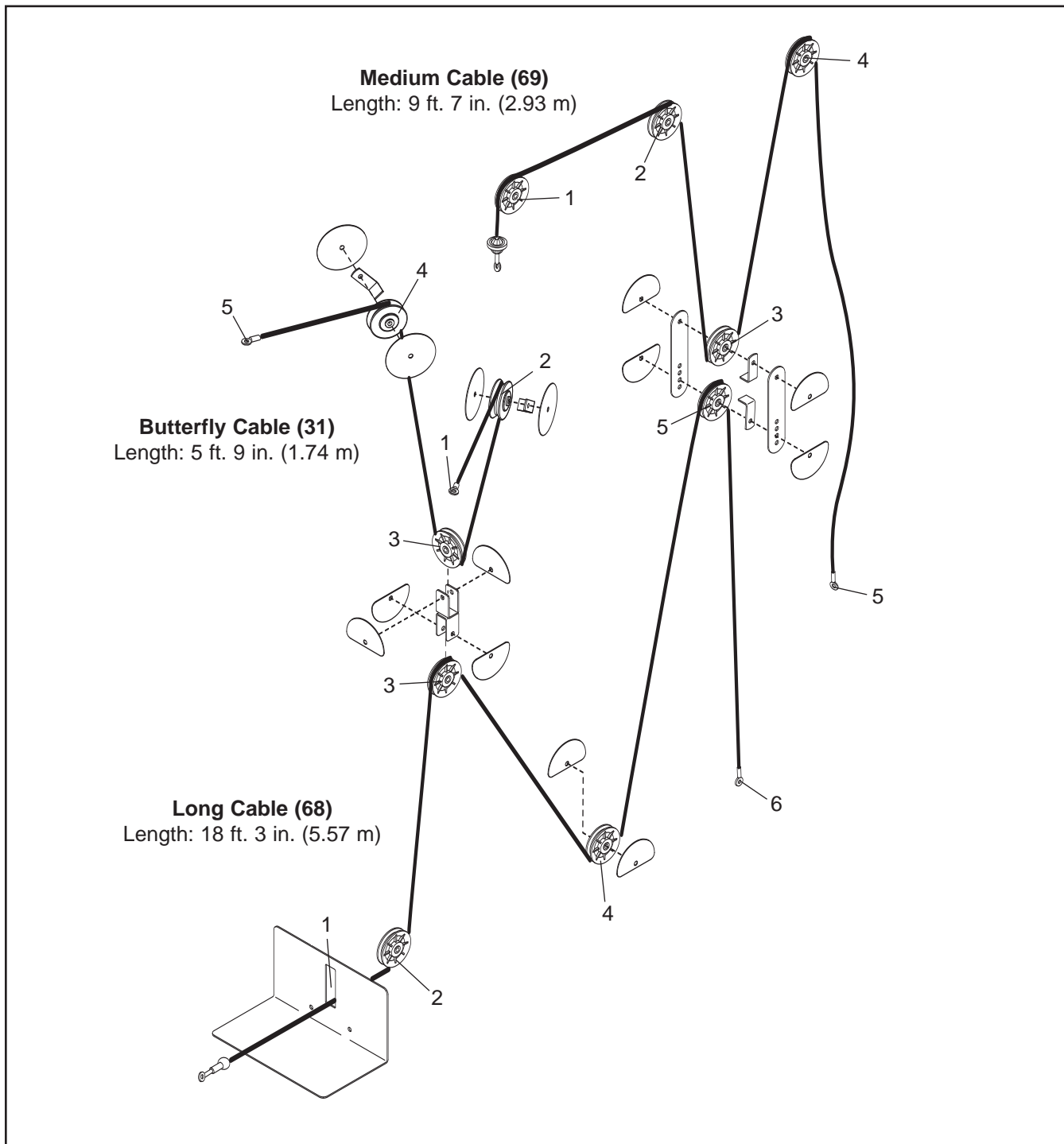
To remove slack from the cable, remove the M10 Nylon Locknut (34) and the M10 x 48mm Bolt (33) from the two Half Pulley Guards (109), the Small Cable Trap (88), and the lower Small Pulley (87) near the lower end of the two Pulley Plates (92). Reattach the Small Pulley, Small Cable Trap, and Half Pulley Guards to a hole closer to the center of the Pulley Plates. **Make sure that the Cable Trap is in the proper position and that the Cable and Pulley move smoothly.**



Do not overtighten the cables. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and re-install it. If a cable needs to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

CABLE DIAGRAM

The diagram below shows the proper routing of the cables. The numbers in each drawing show the proper routing for that cable. Use the diagram to make sure that the cables and the cable traps have been assembled correctly. If the cables and cable traps are not assembled correctly, the weight bench will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cables.**



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness while exercising, stop immediately and cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stage. Never hold your breath. Rest for a short period of time after each set. The ideal resting periods are:

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

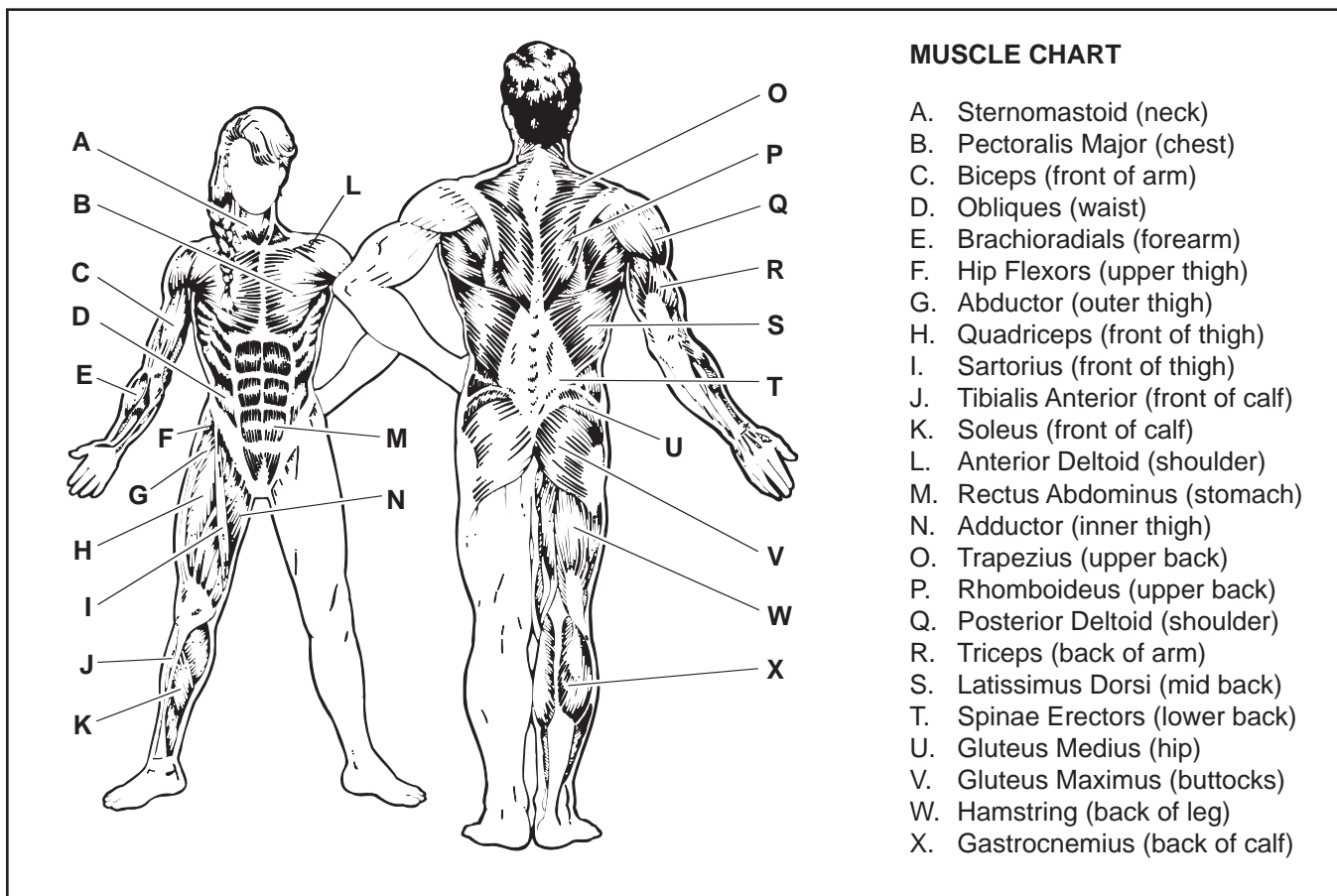
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. The key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

THURSDAY AEROBIC EXERCISE

Date: / /

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

Make photocopies of this page for scheduling and recording your workouts.

MONDAY Date: / /	EXERCISE	WEIGHT	SETS	REPS

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY Date: / /	EXERCISE	WEIGHT	SETS	REPS

THURSDAY AEROBIC EXERCISE

Date: / /

FRIDAY Date: / /	EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

PART LIST—Model No. WEBE3777.0

R0707B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	51	1	Left Safety Spotter
2	1	Stabilizer	52	1	Right Weight Rest
3	1	Bench Base	53	1	Left Weight Rest
4	1	Bench Leg	54	1	Chin-up Bar
5	1	Leg Lever	55	1	Butterfly Bracket
6	2	Backrest Frame	56	1	Right Butterfly Arm
7	1	Bench Knob	57	1	Left Butterfly Arm
8	1	Curl Post	58	1	Lat Bar
9	1	Curl Pad	59	2	Handgrip
10	1	Seat	60	2	M8 Washer
11	1	Backrest	61	1	25mm Angled Outer Cap
12	4	45mm Square Inner Cap	62	1	Weight Carriage
13	2	50mm Square Inner Cap	63	2	48mm Weight Carriage Cap
14	6	19mm Round Inner Cap	64	7	60mm Square Inner Cap
15	2	Adapter Bushing	65	1	Weight Carriage Stop
16	1	Backrest Bracket	66	2	Butterfly Foam Pad
17	3	M8 Nylon Locknut	67	1	Foot Plate
18	1	Weight Adapter	68	1	Long Cable
19	1	25mm Round Inner Cap	69	1	Medium Cable
20	4	Small Base Cap	70	4	Large Base Cap
21	1	10mm Spacer	71	2	Large Weight Clip
22	6	Adjustment Knob	72	1	Ankle Strap
23	1	Bench Pin	73	1	Chain
24	2	Notched Plate	74	2	Small Cable Clip
25	2	Leg Plate	75	1	M8 x 58mm Bolt
26	6	Foam Pad	76	1	Weight Tube
27	3	Pad Tube	77	2	M10 x 58mm Carriage Bolt
28	6	25mm Square Inner Cap	78	6	M6 Washer
29	6	M6 x 16mm Screw	79	4	Plastic Butterfly Bushing
30	1	Right Front Upright	80	4	Butterfly Cap
31	1	Butterfly Cable	81	1	Double "U"-bracket
32	36	M10 x 78mm Bolt	82	2	Pulley Plate
33	5	M10 x 48mm Bolt	83	1	Carriage Stop Bushing
34	74	M10 Nylon Locknut	84	14	Square Bushing
35	26	M10 Washer	85	4	Rack Joint Plate
36	17	M4 x 16mm Screw	86	2	"V"-pulley
37	1	Small Weight Clip	87	9	Pulley
38	1	Right Base	88	2	Small Cable Trap
39	1	Center Base	89	8	17mm Spacer
40	1	Left Base	90	2	M10 x 75mm Carriage Bolt
41	1	Weight Carriage Base	91	2	28mm Spacer
42	1	Weight Carriage Upright	92	9	M10 x 75mm Bolt
43	2	Rear Upright	93	4	Metal Butterfly Bushing
44	1	Left Front Upright	94	2	1/2" Nylon Locknut
45	1	Center Upright	95	2	M10 Small Washer
46	1	Center Top Frame	96	2	M6 x 75mm Screw
47	1	Right Top Frame	97	2	1/2" x 78mm Bolt
48	1	Left Top Frame	98	9	M10 x 68mm Bolt
49	1	Weight Guide Top Frame	99	4	M6 x 38mm Bolt
50	1	Right Safety Spotter	100	1	M10 x 156mm Bolt

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Butterfly Backrest	*	—	User's Manual
102	1	M10 x 19mm Bolt	*	—	Exercise Chart
103	2	Large Cable Trap	*	—	Hex Key
104	2	M10 x 81mm Button Bolt	*	—	Grease Packet
105	2	M10 x 63mm Bolt	*	—	7' Barbell
106	1	M10 x 87mm Bolt	*	—	2.5-lb. Weight
107	2	M8 x 43mm Shoulder Bolt	*	—	5-lb. Weight
108	2	Chrome Joint Plate	*	—	10-lb. Weight
109	10	Half Pulley Guard	*	—	25-lb. Weight
110	4	Full Pulley Guard	*	—	45-lb. Weight
111	4	M10 x 45mm Bolt			

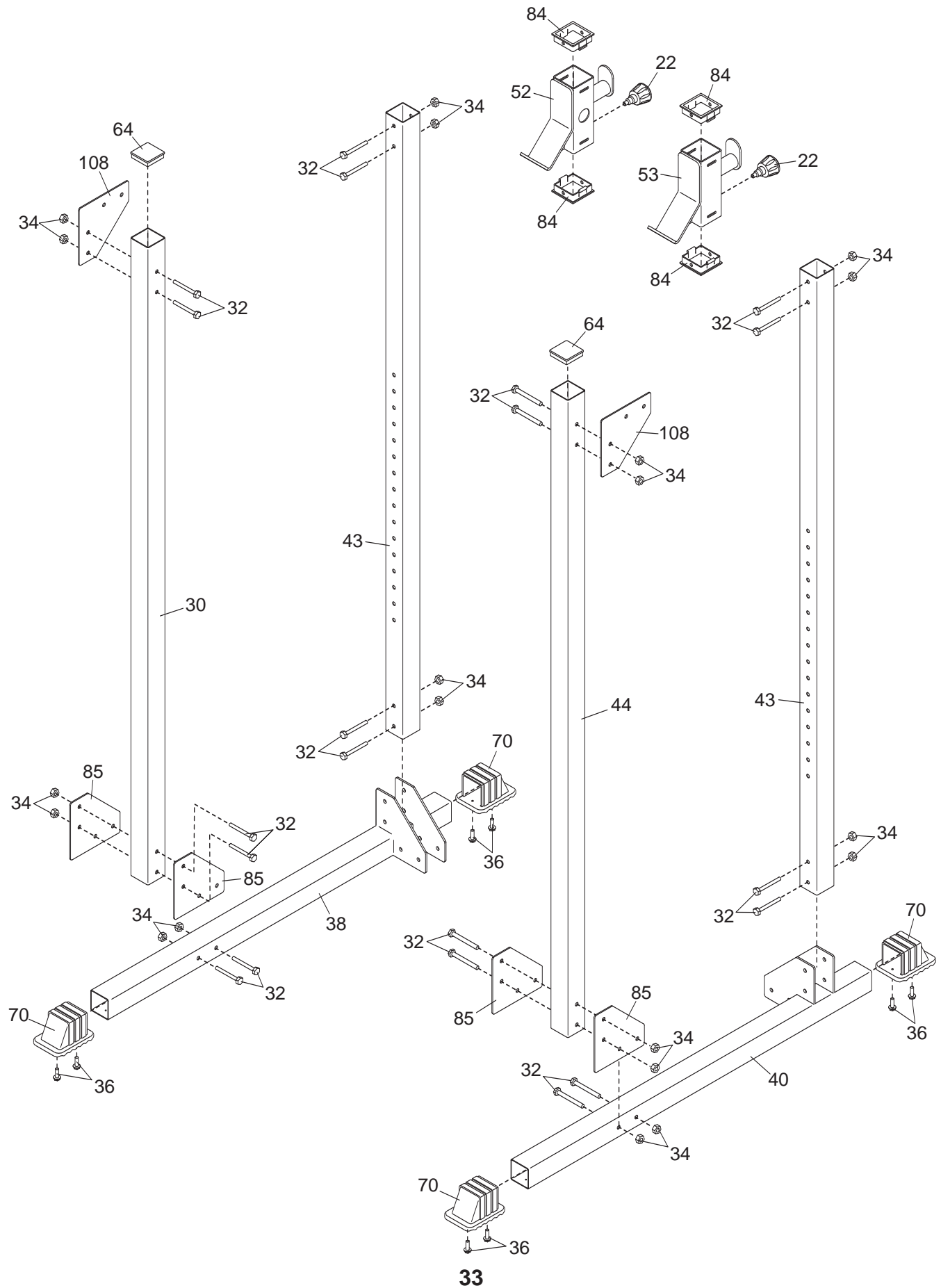
Note: Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts. *These parts are not illustrated.

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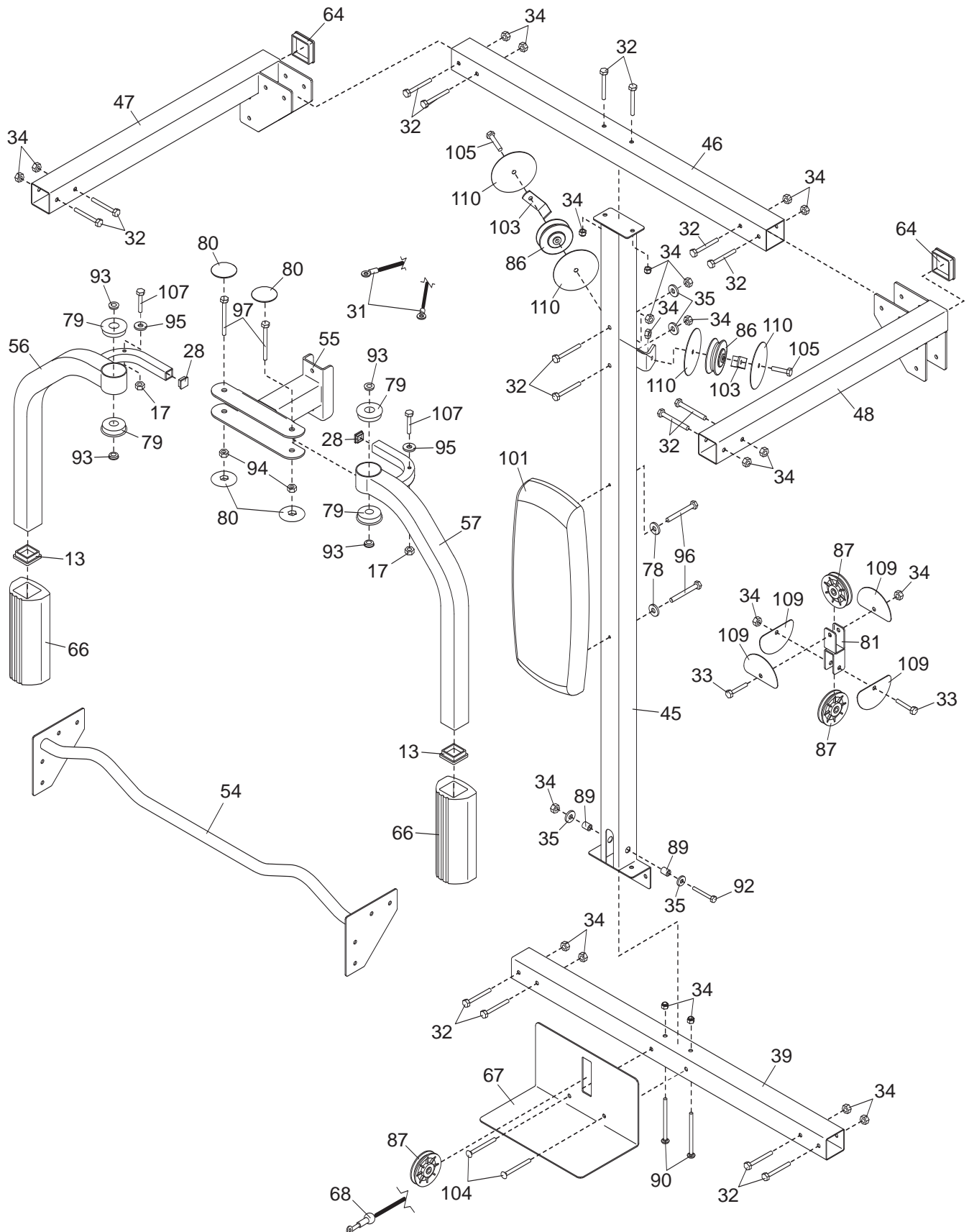
EXPLODED DRAWING B—Model No. WEBE3777.0

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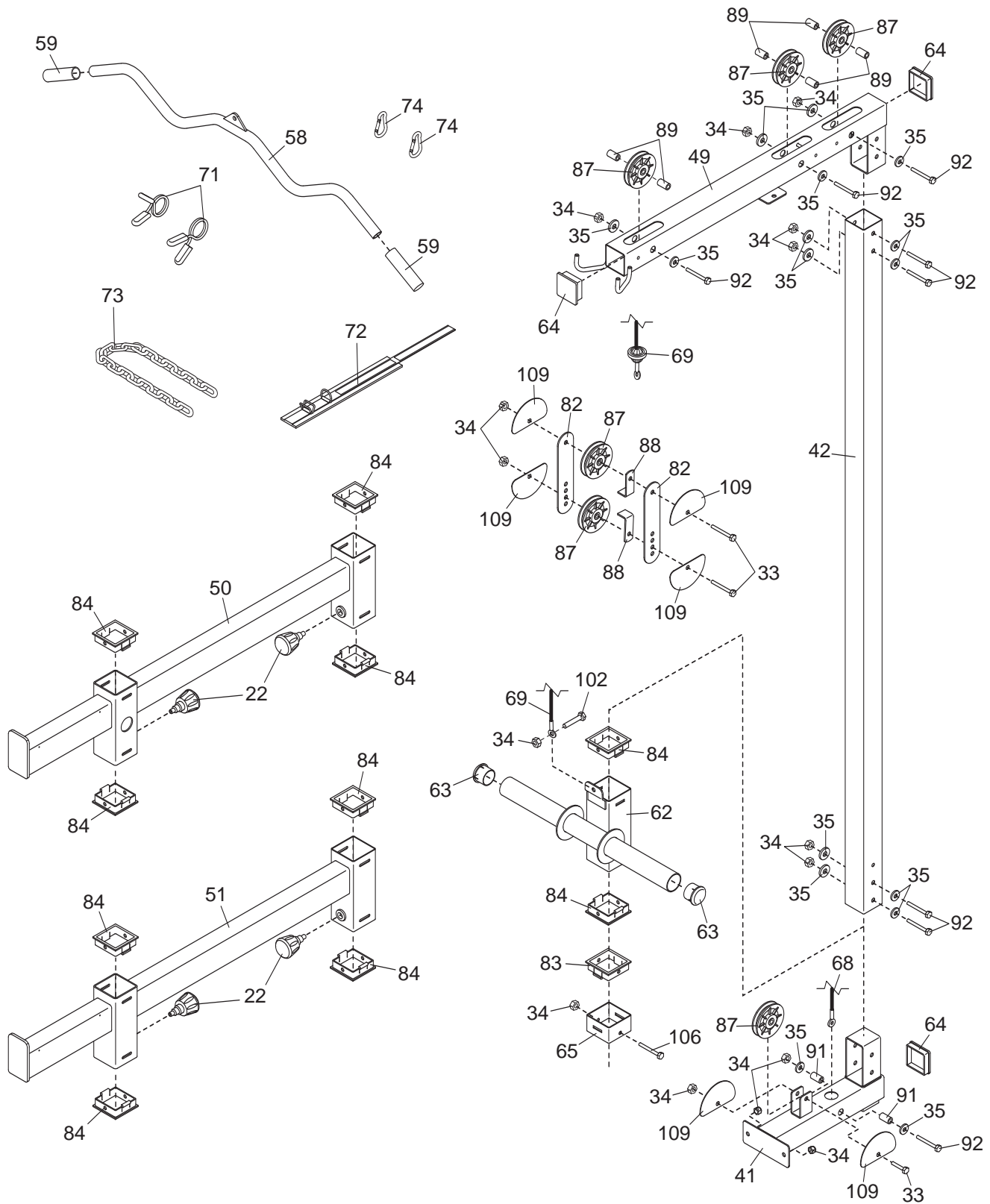
EXPLODED DRAWING C—Model No. WEBE3777.0

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EXPLODED DRAWING D—Model No. WEBE3777.0

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ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of the manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

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